



Friends of St. John the Caregiver

P.O. Box 320 • Mountlake Terrace, WA 98043 • 1-800-392-JOHN
www.FSJC.org • www.YourAgingParent.com • www.CatholicCaregivers.com

Order Form

We know that some family caregivers and FSJC members don't have access to the Internet. Here's a handy way to order a variety of resource material for yourself, your family member, your parish . . . or anyone else.

Thanks to the generosity of FSJC donors we can offer all these items at no charge.

Just let us know what you would like and where you want to have it sent.

Brochures, Checklists and Topics are also available on-line at YourAgingParent.com under "Topics" and/or at CatholicCaregivers.com under "Fliers." Videos can also be viewed at our YouTube channel: JohnTheCaregiver.

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**Friends of St. John the Caregiver
P.O. Box 320
Mountlake Terrace, WA 98043**

E-mail us at:

MonicaDodds@YourAgingParent.com

Or call us at:

1-800-392-JOHN (5646)

There is no charge for any material and no charge for shipping or handling.

All donations are gratefully accepted.

FSJC is a 501(c)3 organization. Donations are tax-deductible as provided by law.

Friends of St. John the Caregiver

An international Catholic organization promoting care for family caregivers.

____ Quantity Requested

Prayer Books

____ The Little 'Book of Caregiver Prayers

____ "Little Book" kit

(Sample copy and covers and pages to assemble 10 prayer books, plus 10 St. John and Our Lady in Need holy cards)

____ The Stations of the Cross for Caregivers

Holy Cards

____ St. John the Caregiver

____ Our Lady in Need

____ Caregiver's Prayer bookmark

*Brochures

____ The Basics of Catholic Caregiving

____ The Friends of St. John the Caregiver

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***Checklists**

- _____ Overall Assessment of Care-receiver
- _____ Assisted-Living Facility Evaluation
- _____ Nursing Home Evaluation
- _____ Legal and Financial Paperwork
- _____ Depression
- _____ Driving Skills
- _____ Home Safety
- _____ Elder Abuse Prevention

***Topics**

- _____ The Stages of Caregiving
- _____ Alcoholism and Aging
- _____ Dealing with Caregiver and Care-receiver Anger
- _____ Assessment: What Help Does Mom or Dad Really Need?
- _____ Choosing the Best Solution
- _____ 'I Don't Want to Be a Burden'
- _____ Helping Your Parent Give Up the Car Keys
- _____ Preparing Your Children to Visit Your Parent
- _____ In Case of an Emergency or Disaster
- _____ Exhaustion: Care for the Caregiver
- _____ Evaluating Housing Options
- _____ Caregiving is a Family Affair
- _____ Your Parents — Your Care-receiver's — Grief
- _____ Caregiver Grief: Sorting Out, Moving On, Remembering
- _____ Dealing with Caregiver Guilt
- _____ Home Safety
- _____ Independence, Control and Self-determination
- _____ Keeping Secrets, Telling Lies
- _____ If You Are a Long-distance Caregiver
- _____ Helping Your Loved One Deal with Losses
- _____ When You're Married to the Caregiver
- _____ Should Mom or Dad Move In?
- _____ When Mom or Dad Moves In
- _____ Not My Loved One

- _____ Choosing a Nursing Home
- _____ Guidelines for Caregiving
- _____ Finding Respite Care
- _____ It's a Matter of Respect
- _____ Respectful Caregiving as the Parent-Child Roles Reverse
- _____ When the Parent-Child Roles Reverse
- _____ The 'Sandwich Generation'
- _____ Caregiving Stress: Warning Signs
- _____ The Need to Talk
- _____ When Your Loved One Has Poor Vision
- _____ Turning to Prayer
- _____ The Stations of the Cross for Caregivers
- _____ An Assessment Checklist for Family Caregivers
- _____ Celebrating Birthdays and Anniversaries
- _____ The Role of Spirituality in a Caregiver's Life
- _____ Returning to the Church
- _____ What Anointing of the Sick Is . . . and Isn't
- _____ Caring for Your Children as You Care for Your Aging Parents
- _____ Preventing Slips and Falls
- _____ How to Nourish Your Spiritual Life

***Videos on DVD**

- _____ Catholic Caregiving, Volume 1
A Caregiver's Prayer; Caregiver Advice from St. Francis de Sales; Helping Your Loved One Give Up the Car Keys; Keeping Secrets, Telling Lies
- _____ Catholic Caregiving, Volume 2
Caregiving from a Care-receiver's Point of View (Independence/ Interdependence; Dealing with Losses; "I Don't Want to Be a Burden"); Guidelines for Making Decisions; Stages of Caregiving; Principles of Catholic Caregiving

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