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**Mail your request to:**

Friends of St. John the Caregiver
P.O. Box 320
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**E-mail us at:**

BillDodds@YourAgingParent.com

**Or call us at:**

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____ 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

**Checklists**

____ Overall Assessment of Care-receiver
____ Assisted-Living Facility Evaluation
____ Nursing Home Evaluation
____ Legal and Financial Paperwork
____ Depression — and — Elder Abuse Information for Family Caregivers
____ Driving Skills
____ Home Safety

**Topics**

____ The Stages of Caregiving
____ Alcoholism and Aging
____ Dealing with Caregiver and Care-receiver Anger

(Continued on page 2)
Choosing the Best Solution
'I Don't Want to Be a Burden'
Helping Your Parent Give Up the Car Keys
Challenges of Communication
Preparing Your Children to Visit Your Parent
In Case of an Emergency or Disaster
Exhaustion: Care for the Caregiver
Caregiving is a Family Affair
Your Parent's Generation
Your Parent's — Your Care-receiver's — Grief
Caregiver Grief: Sorting Out, Moving On, Remembering
Dealing with Caregiver Guilt
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 Move In
Not My Loved One
Choosing a Nursing Home
Guidelines for Caregiving
Finding Respite Care
Respectful Caregiving as 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
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
Understanding Aging
Caring for an In-law or a Stepparent
When Professionals and Your Care-receiver Disagree — and — Always a Parent: Worries About Adult Children
At the Hospital
Encouraging Good Nutrition
Depression and Suicide
Helping Your Loved One Find Forgiveness and Peace
Taking Care of a Crabby or Formerly Abusive Parent
Problems with Mobility
The Need to Have Fun
Refereeing Fights Between Mom and Dad
Tips for the Caregiver and Care-receiver
Dementia and Alzheimer's Disease
The Danger of Isolation
Words That Sting, Words That Comfort
Talking to Your Children about Death
Dealing with Your Parent's Racial and Ethnic Prejudices
Your Care-receiver's Spiritual Health
Help for Men Who Are Family Caregivers
Promoting Leisure-Time Activities
The Sacrament of Reconciliation
Preparing for Your Loved One's Death
Saying Good-bye to the Family Home
The Beatitudes for Caregivers
God Knows Caregiving Is Hard
Hiring a Case Manager
When Your Care-receiver Doesn't Want Help

*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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