



## 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](http://YourAgingParent.com) under "Topics" and/or at [CatholicCaregivers.com](http://CatholicCaregivers.com) under "Fliers." Videos can also be viewed at our YouTube channel: [JohnTheCaregiver](http://JohnTheCaregiver).

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Please send this material to:

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Mail your request to:

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

#### \*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

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**\*Topics**

- \_\_\_\_\_ The Stages of Caregiving
- \_\_\_\_\_ Alcoholism and Aging
- \_\_\_\_\_ Dealing with Caregiver and Care-receiver Anger
- \_\_\_\_\_ 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 Moves 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

**\*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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