

Older Adult Ministries Resources

YOU CAN Start a Support Group Webinar

May 29, 2024

- **NBA Older Adult Ministries:** <https://www.nbacares.org/resources/aging-in-faith-clergy-worship-resources-spiritual-care-older-adults/>
- Find the local **Area Agency on Aging** in your state: www.ElderCare.gov

Initiating and Facilitating a Support Group

- **Starting a Support Group:** <https://www.nbacares.org/resources/aging-in-faith-clergy-worship-resources-spiritual-care-older-adults/>
- **Training Manual for Facilitators of Family/Friend Caregiver Support Groups:** caregiver-support-training-manual.pdf (slu.edu)
- **Starting and Running a Caregiver Support Group:** caregiver.com
- **Family Caregiver Support Group Toolkit:** gwaar.org

Grief and Loss Resources

- **Understanding Your Grief Series** by Alan Wolfelt, 2021:
<https://www.centerforloss.com/bookstore/understanding-your-grief-2/>
- **Coping with Grief and Living with Loss:** <https://trinitywallstreet.org/worship/life-events/coping-grief-and-living-loss>
- **Service of Release and Renewal:** <https://www.nbacares.org/resources/aging-in-faith-clergy-worship-resources-spiritual-care-older-adults/>

Alzheimer's and Dementia Resources

- **Dementia and Loneliness: How Congregations Can Help:**
<https://www.nbacares.org/resources/aging-in-faith-clergy-worship-resources-spiritual-care-older-adults/>
- **The Best Friends Approach To Alzheimer's and Dementia Care** By Virginia Bell and David Troxel: www.bestfriendsapproach.com
- **Dementia Support Group Facilitators Toolkit Project (National Institute on Aging)** (nih.gov)
- **Alzheimer's Association:** www.alz.org
- **Be Light Care Consulting - YouTube** and on Instagram
- **Dementia Careblazers - YouTube** and on Instagram

For additional help coping with grief, you can find a recommended therapist through the [Psychotherapy & Spirituality Institute \(PSI\)](http://www.psychotherapyandspiritualityinstitute.com).