

Ways to Reach Out to At-Home Members

1. Form a daily prayer group, including the at-home members, as pray-er and prayed-for.
2. Set up a transportation plan to bring at-home members and their caregivers to church, and medical appointments.
3. Commit to making a weekly phone call to at-home members.
4. Visit at least once a month. Bring coffee, snacks and news of the congregation.
5. Read aloud if the person is unable to read, and assist in obtaining "talking books."
6. Help write letters or cards to send to friends or family.
7. Offer to pick up needed supplies or groceries when out doing your own errands.
8. Assist with insurance or other paperwork.
9. Prepare and deliver a meal weekly or monthly. Stay to share the meal together!
10. Schedule people to eat with at-home members, (preferably weekly) or take them to a restaurant for a meal.
11. Serve as translator with service professionals if a language barrier exists.
12. Offer to stay with at-home members once or twice a month, if possible on a weekend, to relieve the caregiver.
13. Remember to ask the caregiver about their own physical and emotional health.
14. Offer to help with heavy housekeeping chores or arrange a "workers brigade" of members.
15. Make available tools and time to help with household or car repairs.
16. Schedule lawn mowing or snow shoveling as needed.
17. Ensure there is a working telephone for at-home members living alone.
18. Offer to help them get an "emergency response system."
19. Ask the church office for copies of notices received in the mail related to community resources that could be passed on to at-home members or caregivers, e.g. energy assistance, tax relief, community services, seminars, etc.
20. Link the at-home members and caregivers to the National Family Caregivers Association (NFCA): www.nfcacares.org or 1-800-896-3650.
21. Link them to the local Area Agency on Aging through the U.S. Administration on Aging Eldercare Locator at 1-800-677-1116 or www.aoa.gov.