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THE BARNABAS

2021

**Crisis Care
Training International**

A Ministry of

WEC International

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In Focus

God has tremendous value for the caregiver!

He desires caregivers who "Speak up for those who cannot speak for themselves, for the rights of all who are destitute; speak up and judge fairly; defend the rights of the poor and needy." **Proverbs 31:8-9**

God talks about the traits of caregivers many times throughout the Bible. There are 261 passages regarding mercy, 41 about compassion, 85 about honoring parents. Jesus Himself demonstrated His value for care in multiple stories throughout His earthly ministry.

If you are a caregiver, are you caring for yourself to best fulfill the ministry God has given you? We pray that the articles within this Barnabas issue provide you with moments to pause and reflect on how you can best implement care for yourselves.

As always, may you be greatly enriched, equipped ministry to those in your care!

Serving Him Together,

Amy Wilson
Director of Education





CARE FOR THE CAREGIVER

By Amy Wilson

Caregivers are often some of the most unselfish people globally, constantly looking out for others' needs before ever considering themselves. However, caregivers have to make sure they put on their masks....no, not the ones we are all having to wear in our world to-day, but the mask that the airlines provide in the case of an emergency. During preflight instructions, airline staff always remind us to put the air masks on ourselves first before considering helping anyone, including our loved ones. ***Is that because we are more important?*** Of course not! It is a way of showing love to those we are caring for! If we do not put on our mask first, we may pass out from lack of oxygen and be unable to help those around us.

This is the same mindset that caregivers need to use as they daily consider the needs of those in their care. If the caregiver becomes burned out, emotionally weary, or experiences health problems from neglecting their own health and conditions, then that person will be of little or no use to their loved one(s).

Caregivers Use the STOP Model

We have the STOP Model taught as an essential tool when working with [traumatized children](#), but this model can significantly help caregivers too. First is Structure. You have to plan for others to help you, plan opportunities to receive a break, create time in your daily schedule where you have time for yourself while meeting your loved one's needs. Talking and Time is the second element. You need time to [discuss the care of your loved ones with other family members](#) or other caregivers.

Continued...

CARE FOR THE CAREGIVER

...continued

Organized Play/Talking and Time

Additionally, it would be best if you had time to talk with others about anything else to give your mind a break and feel connected to other topics of discussion going on in the world. Find trusted friends you can meet consistently to provide you with these times for "other" conversations. [Organized Play](#) is equally important for adults. Plan time for you to do things you enjoy and stick to those scheduled times. Anything from exercise and playing board games to doing art/craft projects and reading can be included in adult Organized Play. The key is to find anything you enjoy, giving you a mental and physical break from your routine. Lastly is the element of Parental Support. For caregivers, this will involve finding others who can provide that support and care to you, ones who can help hold you accountable.

As you consider the needs you have to be an effective caregiver, keep in mind making sure you are taking care of your own physical health by keeping doctors' appointments, diet, exercise, rest, and sleep. [The Alzheimer's Association](#) also has many wonderful ideas that all caregivers can utilize, which can be found at www.alz.org/care. Give yourself credit for all you are doing and accomplishing, and realize that God did not intend for you to do it all alone. May God bless you, guide you and grant you wisdom as you consider care for yourself and your loved one(s)!



Biography:

Amy Wilson serves as Director of Education for CCTI. She homeschools her two sons, ages 15 and 10, and lives with her husband and kids in NC. She is excited to see how God has utilized CCTI's online classes and materials to help many ministries throughout COVID-19.

Implenting Care for Caregivers

Do you have friends who are caregivers? Read the attached article to find suggestions for ways to minister to them.

By Robb and Ann Cope

Our son, Croix, has a [mitochondrial genetic defect](#) that manifests the following conditions: he is wheelchair-bound, non-verbal, and cognitively impaired. He cannot read or write but is a joyful young man who is outgoing and engaging. Our journey started when Croix was about six months old, and he wasn't hitting the expected developmental milestones. Concerns led us to seek answers from pediatricians and child development specialists.

Being parents and caregivers to a special needs child with a lifelong disability comes with unique concerns, responsibilities, and challenges beyond the care of typical children. With that being said, we wouldn't change the path we have been on but will relay some strategies that have helped us navigate Croix's development. We trust this will also shed light on the direction others can come alongside to assist a caregiver.

Because of the demands a disability necessitates, caregivers are faced with stresses in countless areas such as: medical uncertainty, full-time hands-on care, coordinating long-term plans for the child as the caregiver(s) age, single parenting in many instances, and social isolation, to name a few. We are blessed with access to schooling, medical care, outreach activities and programs, but some caregivers are not as fortunate. This accentuates the need from family and friends to assist the caregiver.

How you can help Caregivers:

First and foremost, **be the initiator** with the things listed below. A caregiver has learned to be self-sufficient, and in many instances, has become isolated and won't ask for help.

- *Friends calling to talk/pray/get together. A listening ear can bring peace for an acute or an on-going concern of a caregiver.**
- *Friends coming over to take child/young adult for a couple hours so the caregiver can get out.**
- *Prepare a meal if the special needs child has surgery or medical appointments.**
- *Run some errands for the caregiver or help in house/maintenance.**
- *Typical students/youth at church befriending special needs child/engaging with them.**
- *Family/friends coming to stay with the child for a night or two to give caregivers a respite from duties.**
- *Monetary gift if the caregiver struggles financially.**



Continued...

Vol. 18 No.2 Implementing Care for Caregivers

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Caregivers can utilize the services of a Community Centered Board in many cities. Joining activities with the special needs communities to engage with other parents of special needs children is invaluable.

Robb and I have managed the demands by purposefully initiating self-care. In the physical as well as emotional domains, we have remained active to keep in shape. Staying fit for the heavy lifting of Croix is vital, but it also relieves stress. We seek the Lord's counsel through prayer, life group, lifetime friendships, and attending church. [We know Jesus has lifted us in seasons of struggle and doubt, and He has surrounded us with His grace as we care for our precious son Croix.](#)

Biography:

Robb and Ann have been married for nearly 24 years. They named their only child Croix (now 19 years-old) which means "Cross" in French and are so thankful to the Lord for him. The Copes reside in Erie, Colorado and enjoy the mountains especially in the summer. Robb likes competing in criterium races, road cycling and golfing and has worked for the same company for over 25 years! Ann enjoys golf, elliptical workouts, and involvement in Bible Study Fellowship. Additionally, she likes reading biographies and historical fiction and is Croix's CNA.

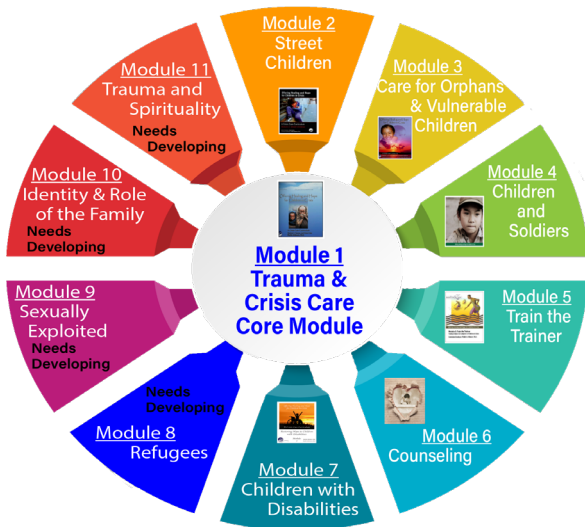
Croix enjoys acting in a theatre group, which highlights special needs kids as lead actors. He has a double recumbent bike that he rides alongside with either mom or dad. School, church and the mall are his favorite places.



Crisis Care
Training International



CCTI Curriculums



Module 1 Training:

Trauma and Crisis Care

April 11-June 4, 2021

Please contact Denise by April 1st, at denise@ccti-wec.org before all spaces are filled.



Module 2 Training:

Street Children

April 11-June 11, 2021

Please contact Denise by April 1st, at denise@ccti-wec.org before all spaces are filled.



November is
National Family Caregivers
Month



March is
Disabilities Awareness
Month

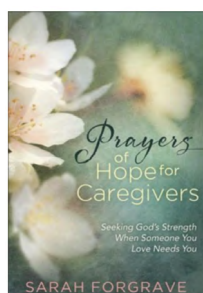


Let All the Children Come: A Handbook for Holistic Ministry to Children with Disabilities (Digital Download)

\$10.00
Digital Download

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Categories: All Resources, Digital Download
Tag: Disabilities



Prayers of Hope for Caregivers: Seeking God's Strength When Someone You Love Needs You

By: Sarah Forgrave