

Caring for Your Own Older Family Members – Part 1

Intro. From a recent survey conducted by the AARP and the National Alliance for Caregiving, - about 44.4 million Americans in 22.9 million households provide unpaid care for someone 18 years or older. So, one out of five Americans care for another adult – about 21% of the entire population. 48% spend 8 hrs. or less each week in caregiving; 17% spend more than 40 hrs. weekly. In 2011 the bubble of 77 million baby boomers will begin turning 65 and by 2050 the 65 and older population will grow from 12% to 21%. Providing adequate caregiving takes its toll and costs much on the part of the caregivers.

I. Problems – Situations that Complicate Family Caregiving

“It is well known that one mother can take care of ten children, but ten children cannot take care of one mother.” But, WHY?

A. Problems of the Caregiver

1. Busyness
2. Exhaustion
3. Communication problems
4. Lack of knowledge
5. Disunity within family
6. Our own attitudes of frustration, irritation, anger, guilt, fear, regret, etc.
7. Geographical distance
8. Difficult dynamic of younger trying to tell older how to live
9. Disinterest or unwillingness to help

B. Problems of the One Needing Care

1. Health Needs
2. Communication Problems
3. Feisty attitudes and lack of cooperation with caregivers
4. Pride
5. Emotional Problems, Loneliness, Depression, etc.
6. Sense of severe losses (autonomy, financial well-being, social losses, health, intellectual functions, comfortable roles, etc.)
7. Financial Needs
- 8.

II. Passages – Scriptures That Should Govern Our Caregiving

- A. Our Relationships and Contacts with Our Parents and the Aged Must be Marked by Honor and Respect. (Ex. 20:12; Lev. 19:32; Deut. 26:16; Prov. 23:22; Matt. 19:19; Eph. 6:2-3)

These passages leave NO ROOM for the expressing of disrespect or dishonor in our actions, attitudes, words, reactions, etc. toward our family members.

- B. The Family has a God-given Responsibility to Provide Care for its Own Members (I Tim. 5:1-3, 8; Mark 7:9-13; James 1:27)

- C. Older Age Does Naturally Bring With It Failing Health and Varying Instabilities Which Must Be Accepted and with which We Must Work (Ecc.12:1-7; Psalm 90:9-12)

- D. Weakening Health and Approaching Death Can Draw Families Closer Together and Provide Motivation for Times of Remembering, Evangelism, Loving, and Even Future Planning. (Gen. 47:29; 48:1-2; 49:1-33)

- E. Death and Life are in the Hands of a Sovereign God (Ecc.3:1-2;Psa.68:20)

- F. Eternal Hope and Assurance of Heaven is Only Possible Based on a Person's Faith in Jesus Christ as their Savior from Sin. (John 14:1-6; I Thess. 4:13-18)

- G. The Scriptures Can Provide Comfort, Hope, and Encouragement as We Meditate in Them and Prayerfully Trust the God of the Bible (Rom. 15:1-7; Psa. 90:9-17; Phil. 4:4-9)