



Honoring Our Parents in Their Old Age – And Ours (Specifically as a Caregiver)

Panel: Donna Bixby, Leslie Davis, Mary Diachenko, Gail Yost

*You shall rise up before
the grayheaded and honor the aged,
and you shall revere your God;*

I am the LORD.

Leviticus 19:32

Exodus 20:12 Honor your father and your mother, that your days may be prolonged in the land which the LORD your God gives you.

Deuteronomy 5:16 Honor your father and your mother, as the Lord your God has commanded you, that your days may be prolonged and that it may go well with you on the land which the LORD your God gives you.

Ephesians 6:2-3 Honor your father and mother (which is the first commandment with a promise), so that it may be well with you, and that you may live long on the earth.

We are not just CHANGING roles, but EXCHANGING roles.

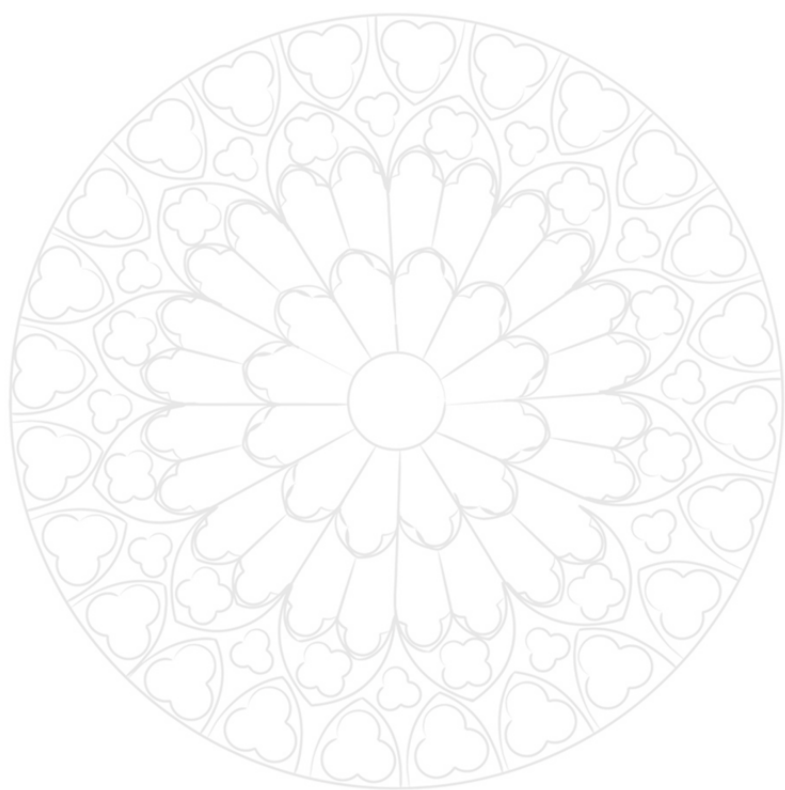
The job of a parent is to meet the needs of their child—

- Materially
- Physically
- Emotionally
- Spiritually

At the same time you will be dealing with those same needs in your own life! Let's just consider what you need by way of support—that could encompass any or all of these.

- From your spouse
- From your children
- From your siblings
- From your friends (discussed later)

Determining our priorities



4 Specific Questions

1. What was / is the hardest thing about care-giving for us personally?

2. How did God use this in our own lives?

3. What are some helpful suggestions for those who will soon be doing this themselves (or perhaps already are)?

4. How can others help?

Book recommendations:

The Aging Process: Scriptural Expectation & Preparation
– A Christian Guide to Caregiving produced by MCBC

All About Seniors (a resource and referral directory of the Upstate) a complimentary quarterly publication by Striped Rock Publishers, distributed in physicians' offices in the upstate of South Carolina.

Armstrong, Mary Vaughn. *Caregiving for Your Loved Ones* published by LifeJourney Books (a division of David C. Cook Publishing Co., 1990).

Beach, Shelley. *Precious Lord, Take My Hand: Meditations for Caregivers*.

Haugk, Kenneth. *Christian Caregiving: A New Way of Life*.

Mace, Nancy L. and Peter V. Rabins. *The 36-Hour Day* published by The Johns Hopkins University Press, 1991 (and still being updated).

Puchta, Charles, CSA. *The Caregiver Resource Guide: Things You Need to Know Before You Know You Need Them*.