Dedication & Devotion

Over 65 Million Americans

During National Family Caregivers Month we honor and uplift the dedication and care given by family caregivers. There are over 65 million Americans juggling the challenges of life, health, career and caring for an aging, ill or disabled adult or child, whether in town or from a distance. These family caregivers are right in our midst, in our churches and in our pews. They are the backbone of our health system—providing 90% of all care delivered today, in the home for their loved ones—doing essential work with devotion, often at great emotional, physical, financial and spiritual cost.

The dedication and devotion of family caregivers results in the person being cared for with dignity, respect and a focus on quality of life. Family caregivers accompany their loved one through the ups and downs of their journey.

“I AM NOT ALONE.
Lord, thank you for the blessing of Nourish for Caregivers.
I am thankful.”
(Victoria, a Nourish for Caregivers participant)

The faces of family caregivers vary. Some caregivers find themselves ‘sandwiched’ between caring for their own young children and an aging or ill parent. Others provide care for a disabled child or adult child. Over five million Americans are caring for a veteran, the brave men and women who were injured, ill or wounded while serving our country. It’s estimated one in four family caregivers are millennials—young people who usually are focused on starting their own career or family but are instead dedicated to the care and dignity of another. Virtually all of us, at some point, will be caregivers. And, National Family Caregivers Month honors the dedication of the unpaid, often unseen and underappreciated who give so that others are better cared for with love and dignity.
Caring for the caregivers

Oftentimes, the burden falls especially hard on those who cannot afford support: women, people of color, and immigrants shoulder a disproportionate share of the obligation, sometimes forced to leave good jobs to instead provide care. No one should have to choose between a paycheck and looking after a loved one. But they do. Caregivers are in critical need of support - practical, emotional and spiritual. Caregiving is a Public Health Crisis that must be solved. Nourish for Caregivers approaches solving this crisis with a faith-based solution.

Why faith-based? Caregivers are depleted, emotionally and spiritually. Yet, spirituality is important to caregivers: 75% say that they pray daily – for encouragement, to cope, for strength. Many caregivers are suffering from depression, chronic stress and medically-related conditions, and who are hungry for spiritual support.

In a sea of programs, websites and materials for caregivers, few focus on the whole person and most lack the key element of faith. Nourish for Caregivers provides parishes the resources to support family caregivers founded on the tenants of our Catholic faith. It is the first of its kind, providing an effective Christ-centered program to minister to the practical, emotional and spiritual needs of caregivers.

The truth is in results

The truth is found in results, and Nourish for Caregivers outcomes are impactful:
- 93% of caregivers reporting stress level decreased
- 93% said they are more hopeful
- 99% found reconnection and support
- 94% said their faith and prayer life improved

Caring for the caregiver in this way, through this ministry, fulfills the mission is to support and empower caregivers through the gift of faith.

“Come to me all you who are weary” Mt 11:28

Caregivers deserve our thanks. Caregivers need our support.

With so many families caring, perhaps you, too, are a family caregiver, extending the love of Christ to the person for whom you care. To all caregivers, we acknowledge you with deep gratitude.

How can we all, this month especially, show support to a family caregiver?

Begin by reaching out to those you know who provide care for family members, friends, and neighbors in need. Your thoughtful concern helps to honor them and recognize their tireless care and helps them to know that they are not alone.

Honor and uplift caregivers, with words, actions and in prayer. Include caregivers in the Universal Prayer (Prayer of the Faithful) at Mass. Examples available.

Additionally, there are practical resources, including a free Individual Caregiver Membership for support when it’s needed, at www.nourishforcaregivers.com.