

# **OLDER ADULT AND CAREGIVERS MINISTRY AND OUTREACH**

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ST. ANDREWS PRESBYTERIAN CHURCH, TUCKER, GA**

# INTRODUCTION AND TOPICS COVERED

- ❖ Why is OACM an important part of the overall ministry of your congregation?
- ❖ Who would you expect to be part of this ministry?
- ❖ What are the basics of OACM?
- ❖ Where do you begin in forming a ministry by/with and for OA&C's?
- ❖ How do you get it done?
- ❖ Taking it into the community.

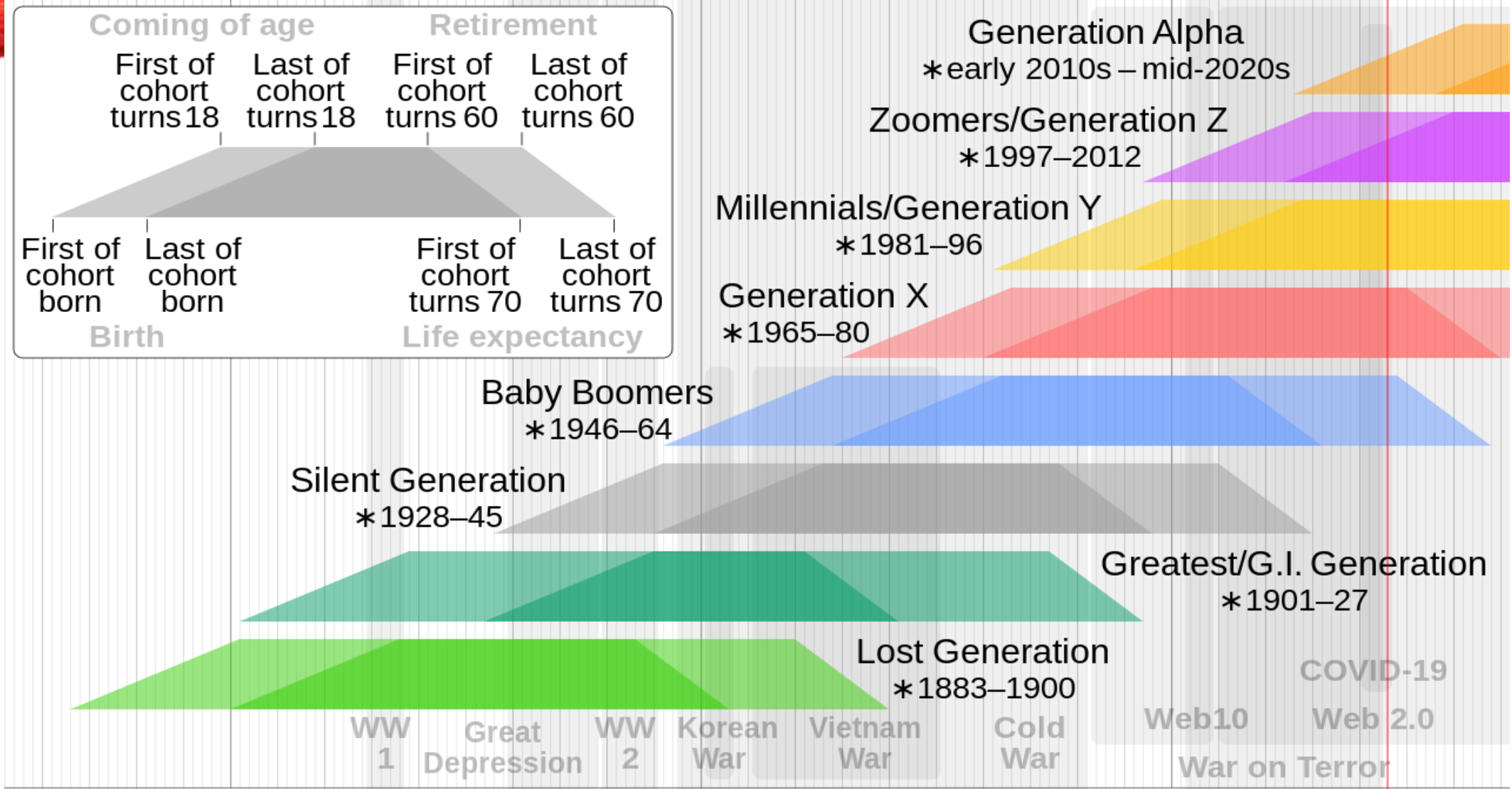
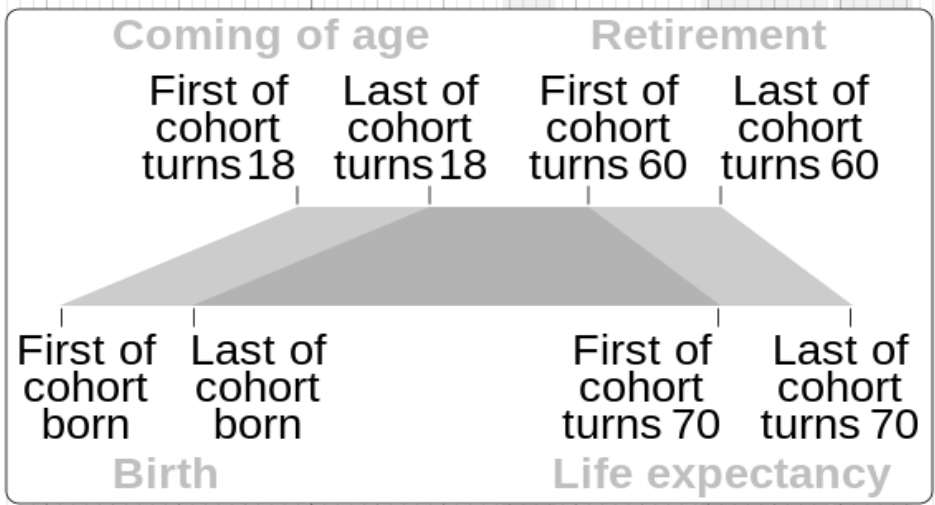
# WHY?

- **Our churches are continuing to gray and more older adults are choosing to stay home under the care of family.**
- **Older adults are staying more and more active well into their 80's and 90's and the church can provide opportunities to serve, not only be served.**
- **There is a need to create an awareness among all the congregation about the value and wisdom of old age.**
- **OA&C's can be helped to transition through the many loses that might come about in later years.**
- **One is never too old to learn and be educated about a variety of topics including healthy aging and mental wellness.**
- **Our churches can be a social medium to those whose circle of friends and family are becoming smaller.**

# WHO?

- **One out of every four 65 year old today will live past age 90!**
- **Don't assume all older adults are alike! They span 5 decades and cannot be lumped into one category.**
- **If you are looking to reach both caregivers and older adults then the age range of your ministry could be 40-100+.**
- **Instead of putting an age range on your ministry you might consider thinking of the group as who are the Go's-Go's, Slow-Go's, No-Go's.**
- **OR categorizing them as Boomers, Silent, Greatest, etc., remembering that age doesn't define anyone!**
- **Aging (maturation) is as much a spiritual growth process as it is a psychological and physical growth process.**
- **There are those who need a new vision of aging which the church can provide.**

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# WHAT?

- **The ministry should be very intentional, comprehensive, founded in Christ's love and for His glory.**
- **How to get started:**
  - **Gain the support of the pastors and session.**
  - **Review your resources (space, administrative assistance and funding).**
  - **Gather a team made up of those with a heart for older adults, of all ages.**
  - **Identify your churches demographics and personality.**
  - **Survey the congregation.**

## OLDER ADULT MINISTRY/CAREGIVER SURVEY

*St. Andrews is embarking on a new ministry for older adults and family caregivers. Previous to the starting of this ministry the session would like to survey the congregation about their needs around ministry to and with older adults as well as persons who have the responsibility of caring for a family member, parent or spouse who is facing a disability or some other frailty or disease.*

*This survey is intended to be completed by all members of St. Andrews as everyone's input is valued. Thanks in advance for your participation. Please mail your completed survey to the church or drop in the designated box in the Narthex.*

1. Are you a member of SAPC? If so, for how long? \_\_\_\_\_

2. What is your marital status?

\_\_\_\_\_ Married \_\_\_\_\_ Widowed \_\_\_\_\_ Divorced \_\_\_\_\_ Separated \_\_\_\_\_ Never Married

3. What gender do you identify with? \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Other

4. What is your age range? \_\_\_\_\_ 45-60 \_\_\_\_\_ 60-65 \_\_\_\_\_ 66-70 \_\_\_\_\_ 71-75 \_\_\_\_\_ 76-80 \_\_\_\_\_ 81-90 \_\_\_\_\_ over 90

5. How would you describe yourself?

\_\_\_\_\_ Not active \_\_\_\_\_ Moderately active \_\_\_\_\_ Very active

6. Do you have any responsibilities (local or long distance) caring for a family member such as a child with a disability, ill or disabled spouse, parent or other relative? \_\_\_\_\_ YES \_\_\_\_\_ NO

If YES, please explain \_\_\_\_\_

7. Rank the following needs according to what you think SAPC could offer to older adults and caregivers (1 for most important, 8 for least important):

\_\_\_\_\_ Socialization (interaction with others)

\_\_\_\_\_ Physical activity

\_\_\_\_\_ Bible Study

\_\_\_\_\_ Mental stimulation

\_\_\_\_\_ Spiritual growth

\_\_\_\_\_ Support in areas such as health, finance, transportation, respite, visitation, etc.

\_\_\_\_\_ Serving/contributing

\_\_\_\_\_ Caregiver Help/Support Group

8. How would participating in our church activities/programs benefit you? Check all that apply.

Fellowship with other Christians

Meet new friends

Personal growth (emotional, Spiritual growth, relational, intellectual)

Learn new skill

Evangelism for friends/relatives

Entertainment

Support (in times of need and change)

Keep me serving

Other (please list) \_\_\_\_\_

9. How would you describe your involvement in volunteer activities (church work and/or community service)?

I have been a volunteer in the past

I would like to be a volunteer

I have no interest in volunteering

I am a volunteer now

Please list areas in which you have served: \_\_\_\_\_

10. Do you believe that you could be utilized more by the church?  Yes  No



11. As far as your level of involvement in volunteer work is concerned, which of the following is you?

Under involved  Just right  Involved too much

12. The following are some examples of how we as adults might become (or already are) involved in service. Please check any area(s) in which you might be willing to serve.

Hospital visitation

Home visitation

Providing transportation services to older adults

Bible study and discussion

Prayer coordinator or prayer team

Tour and travel coordinator

House sitting

Homemaker

Mentoring youth or young people

Other areas \_\_\_\_\_

13. What activities/programs for older adults would you like to see provided through our church? Check as many as you wish.

Monthly or quarterly meetings or potlucks

Older Adult Sunday Recognition

Prayer meetings

Monthly or quarterly time of dining out

Bible studies

Monthly or quarterly catered meals

Sing-alongs

- Theme dinner nights
- Intergenerational Activities
- Exercise/ Yoga classes
- Visitation Ministry
- Caregiver Classes
- Caregiver Support Group
- Craft and/or demonstration classes
- Holiday events
- Educational seminars/speakers
- Bridge, Maj Jong, Chicken Foot Dominoes
- Support groups (Alzheimer's, Parkinson, ALS, etc.)
- Group outreach projects
- Day trips
- Overnight trips
- Special Events on Special Days, Veteran's Day, Grandparents Day, "Senior Prom" etc.

Other \_\_\_\_\_

14. What gifts, talents, and/or skills would you like to use to assist with this ministry? \_\_\_\_\_

15. What challenges do you face? \_\_\_\_\_

16. How can our church enhance/improve its service to you as an older adult?

\_\_\_\_\_

17. Do you attend SAPC senior events (39er activities) currently?  Yes  No

If yes, how can we enhance/improve those events? \_\_\_\_\_

18. How do you think our church views its commitment to the community?

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19. Would you like to be part of an advisory team for the Older Adult and Caregivers Ministry? It will be meeting around once a quarter.

\_\_\_\_\_ Yes \_\_\_\_\_ No

20. Do you have any other ideas or comments that might help in this ministry?

Your thoughts are important to us.

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Thank you for taking the time to answer this Survey.

Optional Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

# WHERE?

Rev. Dr. Richard Gentzler, Jr. *Aging and Ministry in the 21<sup>st</sup> Century* identifies strengths and gaps in a variety of areas of ministry by looking at where OA's relate or fit into the following: Spirituality, Enrichment, Nutrition/Wellness, Intergenerational, Outreach, Recreation, and Service.

- **Spirituality:** worship, spiritual retreats, Sunday School classes, Bible Study, Prayer Groups, etc.
- **Enrichment:** learning opportunities, special seminars on topics for OA&C's, etc.
- **Nutrition/Wellness:** parish nursing, health ministry, exercise classes, special meals to members, etc.
- **Intergenerational:** intergenerational retreats, vacation Bible school, Sunday School, worship services, mission, etc.
- **Outreach:** community involvement in activities, peer outreach, mission projects, activities on church campus for the community, etc.
- **Recreation:** play and leisure, group meals and outings, travel, fellowship, etc.
- **Service:** Long and short term mission projects, transportation, visitation, office assistance, meal deliveries, etc.

# HOW?

- **Develop a purpose or mission statement. Start small and grow.**
- **Develop reasonable goals (SMART) for first year and beyond.**
  - **Specific**
  - **Measureable**
  - **Attainable**
  - **Realistic**
  - **Time-bound**
- **Development an action plan including strategies for enforcing that plan.**
- **Review the strengths and gaps learned through the “where” OA&C’s are already involved or want to be involved.**
- **Investigate possible funding sources beyond the churches' budget. (POAMN)**
- **Evaluate, and evaluate again.**

# TAKING IT INTO THE COMMUNITY

Any size church can have an effective older adult and caregiver ministry, size doesn't matter. Resources do! You are not in this alone...look beyond your church doors.

Bring together:

- Churches,
- Civic organizations,
- Programs and services that serve older adults and caregivers,
- Public services such as police and fire,
- Local eating establishments,
- Local businesses that cater to older clientele (hair salons, nail salons, etc.),
- Organizations that advocate for older adults (AARP, etc.),
- Health and wellness centers.



**Partner with others to bring resources to OA&C's who face difficult decisions and challenges as they age or take on the responsibility of caring for older family and friends.**

**Consider the following:**

- **A resource fair on the variety of living arrangements in later life- “Shall I Go or Shall I Stay?”**
- **Workshops and resources for family caregivers- “Help for the Caregiving Years”.**
- **A Resource Fair on “Emergency Preparedness in Later life”, fire and safety.**
- **Dementia Friendly Communities and Churches.**
- **Multicultural Fair, Entertainment and Food.**
- **Classes on End of Life Issues.**
- **Classes on Grieving during the Holiday Season.**
- **Your ideas???**

# CONTRIBUTORS

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