



A Carer's Guide

A series of five booklets from **Anna Chaplaincy for Older People**, offering practical help and guidance to carers providing spiritual support to older people or others in residential care.

The aim of these guides is to give you the confidence and skills to enable those in your care not only to cope emotionally and spiritually but even to thrive, despite challenging circumstances.

Find the series at brfonline.org.uk



A Carer's Guide

How to have a memorial service at home when you are unable to attend the funeral

SALLY REES



Contents

Why this booklet? 6

What does a memorial service look like? 8

Appendix I: Resources..... 15

Appendix II: A funeral service at home 20

Appendix III: A simple reflection to remember a loved one
at the time of their funeral..... 24



Why this booklet?

Given the restrictions imposed during the Covid-19 health crisis and the small numbers of people who can attend a funeral at one time, some relatives, and the carers of residents or clients, are finding this very difficult emotionally, adding yet more sadness to their grief.

This booklet is written to give you some ideas about how you might mark the passing of someone you cared for by taking some time to reflect on their memory and say goodbye. This is something you may wish to do yourself at home or something that you could do with a resident in a care home. If you are holding such a thanksgiving or memorial service with a resident in a care home, you will probably know what might work best for your needs and theirs. You can plan the short service together. It might be good for you to have your service on the same day as the funeral, but you can be flexible and choose a time that is suitable for you.

If it is a family member who is grieving and who would like to have a separate memorial service, this booklet shows them where to start, so please feel free to give them a copy.

At a funeral, we are given the opportunity to set aside a specific time to remember the person we love, to say our own 'thank you's for that person and to say our own goodbyes. A funeral is also the time when we come before God with prayers, hymns and readings. We are acknowledging that the person is no longer with us and so, in Christian funerals, we also commit the person into God's loving care from this moment on.

About the author

Revd Sally Rees has been involved in pastoral ministry for 20 years. In 2014 Sally was ordained as deacon in the Church in Wales, with a responsibility to minister to older people in the community, in the St Catwg's, Crickhowell, ministry area (ten churches and locations, five care homes and two retirement facilities). In 2018, Sally was appointed as Bishop's Officer for Older People's Ministry in the Swansea and Brecon Diocese. In 2020, Sally has taken on the role of Anna Chaplain Lead for Wales. Sally lives and worships in Crickhowell in the Brecon Beacons. She is married to Gareth and has three grown-up children and seven grandchildren. Her mum, who is 95, has been living with dementia for over a decade.

A Carer's Guide

This booklet is part of our Carer's Guide series. Other titles are:

- How to help someone spiritually towards the end of life
- How to take care of yourself in stressful times
- How to worship with a group of residents
- How to worship with individuals in your care

[BUY THIS BOOK](#)



A Carer's Guide

How to help someone spiritually towards the end of life

DEBBIE THROWER



Contents

Why this booklet?.....	6
What is spiritual care?.....	8
When someone is fading.....	10
How to pray with someone	13
As death draws near.....	19



Why this booklet?

During the Covid-19 pandemic, some care home residents have been facing the end of their lives without the company of relatives and friends (or, indeed, an Anna Chaplain) because of the restrictions on visiting.

Care staff are at the forefront of helping people in this final part of their life's journey. At this time, especially, you may feel responsible, yet in some cases poorly equipped, to offer spiritual care to the dying.

When it comes to looking after someone holistically, spiritual care – along with medical, practical and emotional care – is an important part of the well-being of each individual resident.

Whether someone has been a churchgoer or has a professed faith or not, they would undoubtedly wish to be offered dignified and appropriate comfort when it comes to facing their own mortality.

This booklet aims to help you lend that support when you are the main person with whom they have contact at this highly significant point in their lives.

You are the person to whom they turn, and we'd like to help you in this vital task. While it is a privilege to draw alongside the dying, it is not an easy path, and we want to thank you for your work and make it as fulfilling for you, and those you care for, as possible.

About the author

Debbie Thrower is the pioneer of Anna Chaplaincy, a Christian initiative from The Bible Reading Fellowship (BRF), which nevertheless offers spiritual care for all – whether they are of strong, little or no faith. There are now more than 140 community-based Anna Chaplains and their equivalents across England and Wales. The health crisis prevented them from being as visible a presence as they usually are in care homes, visiting people in their own homes, and at clubs and groups where older people meet.

A Carer's Guide

This booklet is part of our Carer's Guide series. Other titles are:

- How to have a memorial service at home when you are unable to attend the funeral
- How to take care of yourself in stressful times
- How to worship with a group of residents
- How to worship with individuals in your care

[BUY THIS BOOK](#)



A Carer's Guide

How to take care of yourself in stressful times

SALLY REES



Contents

Why this booklet? 6

What is stress? 8

Stress and the body 10

Stress and mental well-being..... 12

Stress and emotions 14

Stress and the spirit 16

Be kind 18

Appendix I: Relaxation instructions..... 20

Appendix II: Mindfulness exercise 24



Why this booklet?

Written in response to the Covid-19 pandemic, this booklet is intended to support those who are caring for older people and others who are unwell at this time.

The guide is written:

- In recognition of the increased stresses on carers looking after loved ones and clients at home, and for care staff working in care homes
- Out of a concern for each carer whom Anna Chaplains, priests, ministers and pastoral visitors would, under normal circumstances, support as best they can
- In recognition that carers are also undertaking roles above and beyond those which they would normally undertake because visits to homes are very restricted at this time. These roles include that of family member, nurse and chaplain.

About the author

Revd Sally Rees has been involved in pastoral ministry for 20 years. In 2014 Sally was ordained as deacon in the Church in Wales, with a responsibility to minister to older people in the community, in the St Catwg's, Crickhowell, ministry area (ten churches and locations, five care homes and two retirement facilities). In 2018, Sally was appointed as Bishop's Officer for Older People's Ministry in the Swansea and Brecon Diocese. In 2020, Sally has taken on the role of Anna Chaplain Lead for Wales. Sally lives and worships in Crickhowell in the Brecon Beacons. She is married to Gareth and has three grown-up children and seven grandchildren. Her mum, who is 95, has been living with dementia for over a decade.

A Carer's Guide

This booklet is part of our Carer's Guide series. Other titles are:

- How to have a memorial service at home when you are unable to attend the funeral
- How to help someone spiritually towards the end of life
- How to worship with a group of residents
- How to worship with individuals in your care

[BUY THIS BOOK](#)



A Carer's Guide

How to worship with a group of residents

CATRIONA FOSTER



Contents

Why this booklet?	6
Group worship.....	8
What might a service look like?	10
Appendix I: Sample service – God’s love for us	16
Appendix II: Sample service – God’s wonderful world.....	20
Appendix III: Sample service – Peace in anxious times	25



Why this booklet?

During the Covid-19 health crisis, some care home residents have been missing the church services which are normally led by a visiting Anna Chaplain, a minister, a priest or other church visitors.

This booklet is designed to give you some ideas on how you could have your own mini-church service with some of the residents.

Worshipping together as a group is important for Christians – it is one aspect of practising their faith. So having a group worship time in the care home means that those who regularly went to church before becoming housebound won't miss out. Other residents, who perhaps weren't used to attending church, might also like to join in – in order to appreciate the encouragement, prayers and fellowship of these special times together.

About the author

Catriona Foster has spent the last 13 years working as a pastor for older people, based in a large Anglican church in Birmingham. She spends much of her time visiting older people in their own homes or in residential care homes, as well as running events, faith courses and leading worship services for older adults and people who are living with dementia. She loves to see older people flourishing emotionally and spiritually, even in the face of difficulty and loss.

A Carer's Guide

This booklet is part of our Carer's Guide series. Other titles are:

- How to have a memorial service at home when you are unable to attend the funeral
- How to help someone spiritually towards the end of life
- How to take care of yourself in stressful times
- How to worship with individuals in your care

[BUY THIS BOOK](#)



A Carer's Guide

How to worship with individuals in your care

SALLY REES



Contents

Why this booklet?	6
When is spiritual care needed?	8
What does individual worship look like?	11
Appendix I: Hymns	19
Appendix II: Bible readings.....	23
Appendix III: Prayers	29
Appendix IV: Daily Hope	31



Why this booklet?

Written in response of the Covid-19 pandemic, this booklet is intended to support those who are caring for older people or those who are unwell at this time.

The guide is written in recognition that carers, in such exceptional times, are undertaking roles above and beyond their normal duties because visits to homes are very restricted. These roles include those of family members and church visitors (such as Anna Chaplains, priests, ministers and pastoral visitors who would normally offer spiritual support in a community setting).

This booklet is intended to be practical in nature and will give you various ideas for supporting some of those in your care to continue to practise their Christian faith. It is about helping an individual to connect with God, to foster their hope and resilience.

About the author

Revd Sally Rees has been involved in pastoral ministry for 20 years. In 2014 Sally was ordained as deacon in the Church in Wales, with a responsibility to minister to older people in the community, in the St Catwg's, Crickhowell, ministry area (ten churches and locations, five care homes and two retirement facilities). In 2018, Sally was appointed as Bishop's Officer for Older People's Ministry in the Swansea and Brecon Diocese. In 2020, Sally has taken on the role of Anna Chaplain Lead for Wales. Sally lives and worships in Crickhowell in the Brecon Beacons. She is married to Gareth and has three grown-up children and seven grandchildren. Her mum, who is 95, has been living with dementia for over a decade.

A Carer's Guide

This booklet is part of our Carer's Guide series. Other titles are:

- How to have a memorial service at home when you are unable to attend the funeral
- How to help someone spiritually towards the end of life
- How to take care of yourself in stressful times
- How to worship with a group of residents

[BUY THIS BOOK](#)

IMPORTANT COPYRIGHT INFORMATION

Downloadable media purchased from The Bible Reading Fellowship (BRF), including (but not limited to) PDF document downloads and mp3 music, is protected by UK and international copyright laws.

You are allowed to:

- print a single copy, provided it is for your own personal use.
- print without limit any pages labelled 'Reproduced with permission from...'
- burn mp3 audio files to a single CD for use in venues where mp3s cannot be played.
- keep a single backup copy, provided only one copy is in use at any one time.

You are not allowed to:

- print multiple copies of the PDF download file.
- print multiple copies of any musical scores within the PDF download file, unless the organisation printing them has appropriate licences. See www.ccli.co.uk for more information.
- email, copy, post on a website or by any other means electronically share downloadable media.

Note: If you have received this file by email, it may be an illegal copy. Please check with the sender that it has been legally obtained, and for conditions of its use.

If you have any questions about the legal use of downloadable media, please contact us at copyright@brf.org.uk.

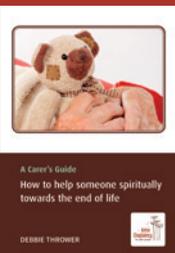


A Carer's Guide

How to have a memorial service at home when you are unable to attend the funeral

SALLY REES

ISBN 978 1 80039 074 4



How to help someone spiritually towards the end of life

DEBBIE THROWER

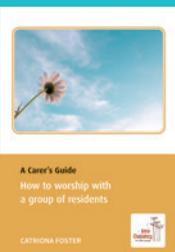
ISBN 978 1 80039 075 1



How to take care of yourself in stressful times

SALLY REES

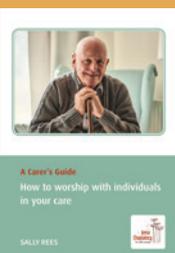
ISBN 978 1 80039 076 8



How to worship with a group of residents

CATRIONA FOSTER

ISBN 978 1 80039 077 5



How to worship with individuals in your care

SALLY REES

ISBN 978 1 80039 078 2

£2.50 per booklet

Carer's Guide pack (one of each title) **£10.00**

Mix and match any four booklets and get one free with the discount code **CAREGUIDES5**.

Order online at brfonline.org.uk/carersguides
or by telephone +44 (0)1865 319700

Learn more about Anna Chaplaincy at
annachaplaincy.org.uk