

# CCM VOLUNTEER TRAINING

## Module: Supporting Caregivers

### *Uplifting Those Who Uplift Others*

#### Introduction

As community care ministries (CCM) volunteers, we often meet not only those in need of care, but also the caregivers who walk alongside them every day. These individuals, often family members or close friends, pour out their time, energy and love to support others, often with little recognition or rest.

Jesus extended compassion to the weary, saying, “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28). In CCM, we reflect that same care by supporting caregivers—offering a listening ear, practical help and the reminder that they are not alone.

#### Why Supporting Caregivers Matters

Caregiving can be deeply meaningful, but also physically, emotionally and spiritually taxing. Caregivers may face:

- Ongoing stress, fatigue, and emotional burnout.
- Social isolation or loneliness.
- Financial and time-related pressures.
- Guilt, anxiety or feelings of helplessness.

When we support caregivers, we lighten their load, affirm their worth and help them find space to breathe.

**Key Scripture:** “Carry each other’s burdens, and in this way you will fulfill the law of Christ. (Galatians 6:2).

#### Best Practices for Supporting Caregivers in CCM

##### **1. Offer a listening ear**

Caregivers may not have many people they can talk to. Be fully present. Listen with patience, compassion and without rushing to offer solutions.

##### **2. Provide encouragement and validation**

Caregivers often go unseen. Acknowledge their effort and faithfulness with words like:

- “What you’re doing matters.”
- “You’re doing an incredible job.”



### 3. Respect their needs and boundaries

Caregivers may be exhausted or overwhelmed. Ask how you can best support them and accept their response—whether it’s “yes,” “not right now,” or “just your prayers.”

### 4. Offer practical assistance (when appropriate)

Depending on your role and the situation, you may be able to:

- Deliver a meal.
- Visit their loved one to offer a brief break.
- Share information about local support services or community resources.

### 5. Watch for signs of burnout

If you notice fatigue, irritability, withdrawal or distress, gently encourage the caregiver to seek additional support. Remind them it’s okay to ask for help.

### 6. Pray with and for them (if appropriate)

Offer a short prayer for peace, strength or rest if they are open to it. Even a few simple words can bring encouragement.

### 7. Connect them to further support

Let caregivers know they don’t have to do it all alone. Encourage them to explore caregiver support groups, counselling services or respite options through The Salvation Army or local organizations.

## Practical Exercise: Reflecting on Support

Think of a time when you interacted with or supported a caregiver.

- What did you do well in that situation?
- What might you do differently next time?

Now, in pairs or small groups, discuss simple ways you can improve how CCM supports caregivers in your corps or community.

## Conclusion

Caregivers are quiet heroes in our communities, often giving sacrificially while asking little in return. In CCM, we have the opportunity to walk alongside them, encourage them and help carry the weight they bear.

### Reflection question:

How can I offer meaningful support to caregivers in my CCM visits this week?

