GROUP DISCUSSION GUIDE: 
THE SPIRITUAL JOURNEY OF CAREGIVING

QUESTION 1:
What kinds of support would the caregivers featured in the video find in our faith community? What supports might we add to help caregivers in our faith community?

LINKS TO SPIRITUAL RESOURCES
Mona Hanford of The Hope Initiative and a five-part course for caregivers and people living with terminal illness
A Spirituality of Caregiving by Henri Nouwen
The Road to Daybreak by Henri Nouwen
Friends of St. John the Caregiver

QUESTION 2:
How do we support caregivers who are not a part of our faith community? Can we do more?

LINKS TO CAREGIVER RESOURCES
Caring.com - resources for caregivers
Family Caregiver Alliance - online caregiver support groups
National Alliance for Caregiving
Eldercare Locator
The Conversation Project
Powerful Tools for Caregivers

QUESTION 3:
What spiritual formation opportunities do we offer to help caregivers deepen their faith in the midst of the caregiving journey?