



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

A Note from the Presbyterian Health Network (PHN)

Disasters may occur in many shapes and sizes—from acts of nature, to outbreaks of disease or acts of human evil. No one is immune, not even caregivers. And no one likes to think about living through a disaster, especially family caregivers whose days are already crammed full with the concerns and responsibilities of day-to-day living.

This packet is not intended as the “be-all, end-all” resource for disaster preparedness. A great abundance of materials are available on this topic. In fact, there is so much information that it may be too time consuming and overwhelming for caregivers to review and select resources that could be helpful! So, in order to provide a starting place for caregivers, families, and faith community leaders to begin the conversation about physical, emotional, and spiritual safety in times of peril, selected tools and resources are offered that may help address the following questions:

- As a family caregiver for my spouse, parent, sibling, child or other loved one, what can I do for the person I care for and care about in case of disaster?
- As a family caregiver, what care do I need in order to be able to respond appropriately in case of a disaster?
- As a community of faith, what are our responsibilities to the caregivers in our congregation in times of disaster? How can we help them be prepared?



*“God is our refuge and strength,
an ever-present help in trouble.”*

Psalm 46: 1



Thank you, Family Caregivers, for all you do!