

Care Team Training

Spring 2019

(revised 1/22/2019)

Hennepin Avenue United Methodist Church
511 Groveland Avenue, Minneapolis, MN

COURSE OBJECTIVES

- *To prepare volunteers to serve as Care Team Members and/or Eucharistic Ministers for their congregations*
- *To reflect on our theologies of illness and experiences of loss*
- *To become skilled at listening, prayer, cultural sensitivity, privacy, duty to inform, documentation, advance directives, care for solos and self-care.*

TIME AND COMMITMENT

- *Attend six, two-hour classes, or obtain make-up materials for missed sessions*
- *Complete homework assignments*
- *Make and document at least two hospital or homebound “shadowing visits” with a pastor or veteran Care Team member / lay visitor*
- *Complete and return the final exam*
- *When coursework is complete, meet with your pastor and/or program leaders to discuss your service as a Care Team Member*

+++++

*The schedule may be adjusted at the convenience of faculty,
and to meet time constraints.*

*Portions of this course may be recorded for a presentation that will be
used for make-up sessions and promotion.*

***Pre-Class Assignment: Read the Book of Job
(translation of your choice)***

+++++

COURSE OUTLINE

Session 1: Saturday, March 30, 2019, 9:30 – 11:30 a.m.
“What Is A Care Team Member?”

1. Getting Started:
 - a. Devotions
 - b. Introductions
2. History of the Program
3. Terms
4. Stories of Veteran Care Team Members (panel)
5. Wrap-Up

Homework for Session 2:

1. ***Observe and Rate 4 conversations (tab 1 in your notebook):***
 - a. ***1:1 Talk show host (example: The View, Ellen, etc.)***
 - b. ***A friend, neighbor or relative***
 - c. ***Yourself***
 - d. ***One other***
2. ***Shadowing – On the Job Training. Due by the end of the course. (tab 1 in your notebook, and handouts)***
3. ***Review application, due by the end of the course (front flap)***

+++++

Session 2: Saturday, April 6, 2019, 9:30 – 11:30 a.m.
“Bad, Hard, Sad Things Happen”

1. Getting Started:
 - a. Devotions
 - b. Homework Review
 - c. Session 1 Review
2. “Bad Things Happen to Good People” (Harold Kushner - video)
3. Bad Things Discussion
4. Wrap-Up

Homework for Session 3:

1. ***Read Article: “Don’t Type at Me Like That!” (tab 3 in your notebook)***
2. ***Prepare devotions (1-2 minutes, in case you’re asked)***
3. ***Shadowing (Tab 1 in your notebook)***

+++++

Session 3: Saturday, April 13, 2018, 9:30 – 11:30 a.m.
“The Nuts, Bolts and Clicks of Visiting”

1. Getting Started:
 - a. Devotions (by a student);
 - b. Homework Review
 - c. Session 2 Review
2. Cyber and Phone Support – How to Make Helpful Phone Calls, Emails, Text Messages and Posts
3. Listening 101
4. Wrap-Up

Homework for Session 4:

1. ***Shadowing (tab 1 in your notebook)***
2. ***Send a supportive email, text message, Tweet or Facebook post to a troubled family member or friend***
3. ***Use 6 Key Listening Skills with a family member or friend***
4. ***Start the “Disclosure and Authorization” Document, route to designated church staff member by the end of the course (front flap in your notebook)***
5. ***Devotions (in case you’re asked)***

Session 4: Saturday, April 27, 2019, 9:30 – 11:30 a.m.
“Staying Organized ... Feeling Forsaken”

1. Getting Started:
 - a. Devotions (by a student)
 - b. Homework Review
 - c. Session 3 Review
2. Administrative Matters
 - a. Assignment Process
 - b. Documentation (back flap in your notebook)
 - c. Mileage
 - d. Insurance
 - e. Safe Church Guidelines (tab 3 in your notebook)
 - f. Disclosure Document / Background Check (front flap in your notebook)
 - g. Care Team Meetings and Continuing Education
3. Why Have Your Forsaken Me: Getting Angry With God
4. Wrap-Up

Homework for Session 5:

- 1. Read Article: “The Use of Prayer” (Tab 2 in your notebook)***
- 2. Shadowing (tab 1 in your notebook)***
- 3. Start the “Disclosure and Authorization” Document, route to designated church staff member by the end of the course (front flap in your notebook)***
- 4. Read the “Solos” article (Tab 5 in your notebook)***
- 5. Devotions (in case you get asked)***

+++++

Session 5: Saturday, May 4, 2019, 9:30 – 11:30 a.m. (with optional extension to noon)

“Solos, Prayer and Self-Care”

1. Getting Started:
 - a. Devotions (by a student)
 - b. Homework Review
 - c. Session 4 Review
2. Solos – Who Are They and What Do They Need from Their Church? (Linda Camp – Citizens League)
3. Praying With and For Our Care Receivers
4. Self-Care – Put Your Own Oxygen Mask On First
5. Wrap-Up
6. Optional: Completing and Advance Directive

Homework for Session 6:

- 1. Self-Care Exercise***
- 2. Read Article: “What Is It Like to Be Dying” (tab 6 in your notebook)***
- 3. Bring a Bible, daily devotional booklet and / or prayers from the Sunday bulletin with you to class next week***

+++++

Session 6: Saturday, May 11, 2019, 9:30 – 11:30 a.m.

“Life Transitions”

1. Getting Started:
 - a. Devotions (by a student)
 - b. Homework Review
 - c. Session 5 Review
2. Eucharistic Ministry – Sharing the Bread and Wine
3. What Do I Do When My Care Receiver is Dying?
4. Wrap-Up

Homework:

- 1. Final Exam (handout - open book)***
- 2. Turn in shadowing reports (tab 1)***
- 3. Schedule an interview with your pastor and/or Care Team Coordinator***
- 4. Complete Application (front flap in your notebook)***