

## CAREGIVER REPRESENTATIVE GUIDELINES

Our definition of a caregiver is “a family member who regularly looks after an elderly, sick, or disabled person.” Some of the ways we can support a Presvytera who is serving as a caregiver are as follow:

1. Each Metropolis should assign a Caregiver representative to receive information regarding caregivers within their Metropolis;
2. The Caregiver representative should contact the caregiver to determine if they would like the NSP to send a prayer request to the listserv;
3. The Caregiver representative may occasionally reach out to the caregiver to see how she is doing and to let her know that her sisters are thinking about her and praying for her (this could be in the form of a phone call, email, text, note, card, etc.);
4. The Caregiver representative may consider establishing a group email for the caregivers in her Metropolis to send periodic articles on caregiving – (oftentimes, the caregiver forgets to take care of herself while she is caring for her loved one);
5. The Caregiver representative may also share relevant books that may be helpful for the caregiver;
6. If their loved one passes, the Caregiver representative would inform the NSP Corresponding Secretary and share the information regarding obituary, wake/funeral services.

The most important goal of the Caregiver Committee is to let the Presvytera know that she has support from her sister Presvyteres.”