

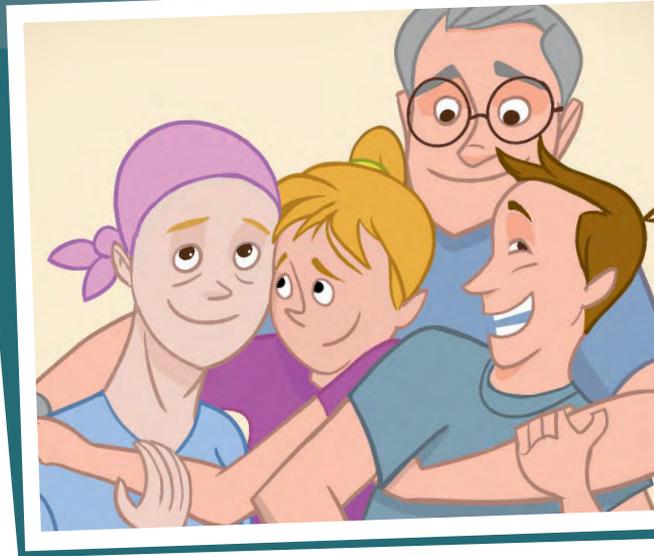
When a Parent Is Sick

If your dad or mom is chronically ill, this worksheet will help you take care of your parent—and yourself!

1 TAKE CARE OF YOUR PARENT

What is your parent's illness?

In what ways does the illness limit your parent?



Which limitations (if any) can you personally help with?



LIMITATIONS

HOW TO HELP



Check the household chores you could take on



In what ways can you ease any emotional distress your parent feels?

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Tip

Develop “fellow feeling.” (1 Peter 3:8) Try to understand what it’s like for your dad or mom to suffer this illness. For example, a young woman named Ellen says: “During the past few years, I’ve had several special milestones in my life that my mom has had to miss. *As difficult as that’s been for me, I know it’s been even harder for my mom.*”



2 TAKE CARE OF YOURSELF

“There were long days spent at the hospital and days spent alone at home. Then when my mom was at home recovering, she was under the influence of pain medication, and she was just not herself. Caring for my mom’s physical and emotional needs became very taxing.”
—Gregory.



What is the greatest challenge *you* face in caring for your parent?

How can you take care of yourself physically?

THINGS TO DO:

THINGS TO AVOID:

How can you take care of yourself emotionally?

THINGS TO DO:

THINGS TO AVOID:

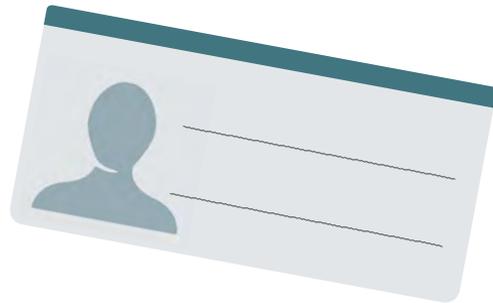
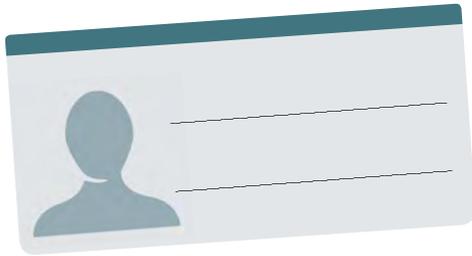
How can you take care of yourself spiritually?

THINGS TO DO:

THINGS TO AVOID:

RESOURCES

The Bible says: “A true friend shows love at all times, and is a brother who is born for times of distress.” (Proverbs 17:17) List below two people you can call on for help when needed.



The Bible says: “Throw your burden on Jehovah, and he will sustain you. Never will he allow the righteous one to fall.” (Psalm 55:22) In harmony with that advice, what specific needs could you make a matter of prayer?



Tip

Keep a list of scriptures that are helpful to you. Ellen, quoted earlier, says: “One day I came across Isaiah 46:4, which says: ‘Until you grow old I will be the same; until your hair is gray I will keep bearing you. As I have done, I will carry you and bear you and rescue you.’ That verse reminds me that I’m not alone, and neither is my mom. Jehovah will help us to deal with whatever comes our way next.”

