



WISDOM FOR THE CAREGIVER

Illness (Chronic)

Additional Wisdom for the Caregiver

- Offer regular, consistent tokens of your care. Suffering people say that fear and loneliness steal in at unexpected moments, and regularity is often more important than the quantity of time a person can give.
- One man told me that the most helpful person during his long illness was an office colleague who called every day, just to check. His visits, usually twice a week, never exceeded fifteen minutes, but the consistency of his calls and visits became a fixed point, something he could count on when everything else in his life seemed unstable. Philip Yancey, *Where is God when it hurts?* (Grand Rapids, MI: Zondervan, 2001), p. 179
- “Encourage the person to reach out and help others who are suffering. When my physicians noticed how depressed I was in the hospital, they said, ‘Be a rabbi-go counsel other patients.’ That made me feel important again. My friends fighting cancer and other diseases tell me the same thing: Helping others cope is the one good thing they can do, the one good thing they feel qualified to do, and the one good thing they find real fulfillment in doing.”

For additional wisdom: see pages 146-149 in **The Compassionate Congregation available through Amazon.com or via our website at www.WisdomoftheWounded.com*