

**Presbyterian Church in Canada Leadership Webinars**  
**Side by Side: Caring for Families Living with Dementia**  
**Wednesday May 20, 2020**  
**Webinar Handout**

Highlights of Presentation

1. People living with dementia, and their families, are facing extraordinary challenges and need support. They often suffer in silence because of (fear of) stigma, and need an inclusive and supportive environment to lean on.
2. Side by Side is a church-hosted respite and fellowship program. Volunteers walk alongside participants in fellowship and friendship for several hours of structured activity so that care partners can have a regular and reliable space of time to themselves.
3. Churches are uniquely suited to hosting a respite program because churches...
  - ...are called to care for all God's people and to live in community.
  - ...typically have meeting space designed for fellowship and hospitality.
  - ...are familiar spaces for congregants, and for anyone who grew up in a faith community.
  - ...have caring people with a variety of gifts who find meaning in ministry and who are cohorts with a shared experience of world events that have shaped participants' lives.
  - ...are equipped with policies for keeping vulnerable adults safe.
  - ...have experience with building relationship and caring for community.
4. Where churches may lack in one area, they can reach out to other congregations and individuals in their community to invite participation and coordinate a community effort.

5. Each church has its own community context to adapt to, along with its own gifts they are called to share.
6. Changing contexts, like the pandemic, may call for adaptation and resilience.
7. There is a Side by Side website with resources and information for starting a program. <http://www.sidebyside.care>
8. Please contact me if you have questions and/or want to share what you are doing. Let's have a conversation! <https://sidebyside.care/contact/>

### Additional Online Resources

1. An Action Plan for helping to discern your response to people in your community who are living with dementia, and their families  
<http://lovingthroughdementia.org/actionplan.html>
2. First United Methodist Church in Montgomery, Alabama:  
Respite Ministry <http://www.fumcmontgomery.org/respite>
  - Video interview <http://youtu.be/KGm2ndK0edU>
  - Article: <https://apnews.com/55b0503b3d904e759210355d073c7a62/The-woman-behind-Respite-Ministry-for-those-with-memory-loss>
  - Respite For All Foundation <https://www.respiteforall.org/begin-a-chapter>
  - Training program <https://www.respiteforall.org/begin-a-chapter#ScheduledTrainings>
  - Annual Report for 2018 <https://fumcmontgomery.org/wp-content/uploads/sites/5/2019/05/Respite-Annual-Report-digital-PDF.pdf>
3. Other examples – Respite ministry programs in Austin, TX  
<https://ageofcentraltx.org/wp-content/uploads/2020/04/Dementia-Respite-Directory-April2020.pdf>

Presented by:

Alice Post

Side by Side Program Coordinator

St. Andrew's Calgary