**Suggestions for CHURCHES**  **with older congregation members**



***The church should be “a Great Place to Grow Old”, says the title and contents of Tina English’s book (DLT, 2021). This and resources listed below are designed to help churches planning and developing ministries with seniors in mind*** *(See also suggestions for ‘Dementia Friendly Churches’ on a separate sheet focussing on issues that help those experiencing dementia.)*

***‘GUIDANCE FOR CHRISTIAN FAITH ORGANISATIONS IN THE SUPPORT AND VALUE OF OLDER PEOPLE’ –***[**https://faithinlaterlife.org/wp-content/uploads/2020/08/Guidance-for-Christian-faith-organisations-in-the-support-and-value-of-older-people.pdf**](https://faithinlaterlife.org/wp-content/uploads/2020/08/Guidance-for-Christian-faith-organisations-in-the-support-and-value-of-older-people.pdf)Not a snappy title, but does what it says on the tin! Free downloadable resource focuses on the “older old” (‘fourth agers’). Reflection and practical guidance on dementia, loneliness, financial scamming etc

**LONELINESS IN OLDER PEOPLE: *Guidance on how Christian faith organisations can support older people facing loneliness*** [**https://faithinlaterlife.org/wp-content/uploads/2021/09/Loneliness-in-Older-People-Digital.pdf**](https://faithinlaterlife.org/wp-content/uploads/2021/09/Loneliness-in-Older-People-Digital.pdf)

This free 40 page downloadable resource notes “trigger factors” leading to social isolation, “institutional ageism” and includes information about Christian Organisations involved in this area of ministry, practical ideas and tools for groups and individuals wanting to engage with people facing loneliness.

**Care Home ministry:**
Suggestions on how a church can build relationships with a local home.[**https://www.embracingage.org.uk/adopting-your-local-care-home.html**](https://www.embracingage.org.uk/adopting-your-local-care-home.html) *Scroll to the bottom to download an e-book* ***How to Adopt your local Care Home,*** *and (still further down) a* ***Tool Kit*** *offering advice and guidance on possible ways forward.    The Tool Kit contains detailed information about practicalities of visiting, DBS checks, insurance etc – and so will provide invaluable checklists and background to ensuring good practice if you are in discussion with a local care home.*

**Visiting Older People in their own homes:
Southwark diocesan information** on visiting adults who may be vulnerable in their own homes (also in residential homes) – See section 4 -13 and 4-14
[**https://southwark.anglican.org/wp-content/uploads/2021/02/ASC\_Section\_4\_Keeping\_safe.pdf**](https://southwark.anglican.org/wp-content/uploads/2021/02/ASC_Section_4_Keeping_safe.pdf) **Mothers’ Union Visiting Guidelines:** [**https://www.mothersunion.org/sites/default/files/resources/public/Visiting%20Guidelines.pdf**](https://www.mothersunion.org/sites/default/files/resources/public/Visiting%20Guidelines.pdf)

**Resources for groups:
RePurpose: Discover Fresh Purpose in Retirement is** a “*six session discussion guide for anyone looking to grow as a disciple in retirement*”.  This material encourages users to think, discuss and reflect on identity, context and purpose during this chapter of life. The material is downloadable. [**https://licc.org.uk/ourresources/repurpose/**](https://licc.org.uk/ourresources/repurpose/)

**Brain and Soul Boosting for Seniors** is a **“***small-group resource designed to deliver cognitive and spiritual stimulation for people, including those with dementia.”* - Available to purchase

[**https://www.pilgrimsfriend.org.uk/resources/brain-soul-boosting-for-seniors**](https://www.pilgrimsfriend.org.uk/resources/brain-soul-boosting-for-seniors) **:**

**Messy Vintage** offers ‘Messy Church’ approaches adapted to seniors, including downloadable plans (‘recipes’) for sessions [**https://www.messychurch.org.uk/messy-vintage#click%20here**](https://www.messychurch.org.uk/messy-vintage#click%20here)