

THE PASTORAL CARE PROGRAMME CAN ASSIST WITH:

- Emotional support
- Social support
- Spiritual support
- Grief and bereavement support
- Adjusting to change
- Assistance with problem solving
- Links with other community services
- Discovering new interests
- Visiting whilst in hospital
- Family meetings

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MERCY COMMUNITY AGED CARE



ABOUT THE PASTORAL CARER

Our Pastoral Care worker brings a wealth of rich and varied experiences as former Hospital Chaplain and Residential Aged Care Pastoral Care worker, with theological and counselling qualifications and as a fellow traveller who has personally experienced and worked through major challenges on the road of life.

Pastoral Care
For clients, their families and staff

*The Mercy Community Aged Care
Pastoral Care programme
is funded by MercyCare.*



WHAT IS PASTORAL CARE?

Pastoral Care is a free service available to MercyCare clients, their family members and staff. It contributes to your wellbeing by providing emotional, social and spiritual support to empower you to reach your full potential in the spirit of Catherine McAuley.

WHAT IS EMOTIONAL SUPPORT?

All of us experience times in our lives when we feel uncertain, confused or even overwhelmed by our current situation. At times, situations like these leave us feeling sad or depressed and in need of someone who can be there to listen as we express our feelings and to share the journey with us. Someone who can help us deal with the inevitable changes life brings. This is the kind of support we can offer.

WHAT IS SOCIAL SUPPORT?

Each stage of life brings with it its own challenges. Deteriorating health may mean that we are unable to participate in activities we formally enjoyed. The grief associated with the loss of a life partner or close friends can rob us of the joy in life. When our energy levels are low it can take a great effort to simply get out and about or mix with others.

Social support is about helping you to re-engage with some things that you miss doing or discovering and enjoying new things to do. It may be just having a regular visit from someone who cares and can share the highs and lows, the laughter and tears, of everyday life.



A Catherine McAuley Rose

WHAT IS SPIRITUAL SUPPORT?

All of us have a spiritual dimension to our lives. It is that part of us that gives meaning, values and purpose. Some of us experience our spirituality in the practice of our religion while others find it in the relationships developed with family and friends. There are times, though, when life feels a little meaningless and we question our values or wonder what life is really all about. Spiritual support can assist in reassessing life, reconnecting with those things which give life meaning and finding peace in the present.

SUPPORT FOR CARERS AND STAFF

The Pastoral Care Team recognises the important role that full-time carers and staff play in addressing the many issues that are faced daily. As such, we are committed to providing the same level of emotional, social and spiritual support offered to clients, family carers and staff.

CONFIDENTIALITY

Pastoral Care offers a professional and confidential service to all Community Aged Care clients, their families and staff in a non-threatening and safe environment.

HOW TO ACCESS PASTORAL CARE

If you wish to speak to a Pastoral Care worker you can contact them direct on the details overleaf, or ask any MercyCare staff member for a referral.