

Voice of Care REST (Respite Education and Support Tools)

Respite Care Training for In-Home Care

- This comprehensive 8-hour REST training equips volunteers to provide care at onsite drop off events and in-home respite.
- A REST manual is required for each participant.
- *It is strongly suggested that key leadership, such as a parish nurse, charged with overseeing the REST program go through the full 8-hour training.*

Respite Care Training for On-Site Events

- The online REST Essentials class equips volunteers to provide care at on-site drop off events or to provide respite care for family members.
- It is recommended that the church purchase 3 to 5 REST manuals to be made available for volunteer reference.
- At completion of the online course, Voice of Care presents a 4 to 6-hour workshop covering respite events and hands-on training for dealing with a variety of disabilities.

This partially online training option includes trainer evaluation visits to two initial respite events and ongoing consultations.

VOICEOF CARE.ORG

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Respite Care Training for In-Home Care

Suggested donation for 8-hour Voice of Care REST training workshop: \$400

Respite Care Training for On-Site Events

Suggested donation for 4 to 6-hour Voice of Care REST training workshop: \$200

- This option also requires \$15 per participant for the online REST Essentials course, which is paid directly to the administrating college.

For either training package, purchase of the manuals (priced at cost, approximately \$50 each) is mandatory.

When Voice of Care staff travels to present training, mileage reimbursement is requested and lodging may be necessary.

A congregation will never be refused training due to lack of ability to pay for trainer fees.



Introduces

rest
RESPIRE EDUCATION & SUPPORT TOOLS

for Lutheran
Congregations

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Why REST?

You may know someone who regularly provides care to a loved one with a disability or healthcare need. Caregiving can be stressful and caregivers need help. Respite care—a short break given to a family caregiver by someone else who is trained to help can be a welcome solution.

Why Lutheran REST?

Lutherans Christians are motivated to love and serve one another. Lutheran congregations are uniquely structured within districts (LCMS), synods (ELCA), or regional bodies, to enable cooperative multi-congregation training events. It's a win-win.

Why Lutheran congregations need a REST Program...

- Respite care is less frequently supplied or funded than ever before by state programs or insurance.
- Millions of people with disabilities reside at home, receiving care from loved ones.
- Caregivers need respite.
- Congregations are experiencing an increase in age-onset disabilities within their own population.
- The Church exists to be the hands and feet of Jesus.

Why REST is the right program...

- REST is a comprehensive training program that helps a volunteer respite companion feel confident serving in that capacity.
- REST provides resources to ensure a sound congregational volunteer respite program.
- REST's credible training and certification lowers liability risk.
- REST basic training can be delivered online for volunteers serving family and friends.

How to begin a REST ministry...

- Lutheran denominations are unique in that their structure lends itself to collective training. LCMS districts, ELCA synods or other regional bodies become natural avenues to train volunteer respite companions—and to produce trainers who will sustain the ministry.
- Multi-church volunteer companion REST training workshops are most productive, but a congregation may request a single church session.
- As regional leadership gains understanding of the value in sustaining a REST program, Train *the Trainer* workshops help establish enough trained personnel to properly accommodate the training of volunteers and support an ongoing REST program.

Why Voice of Care has a REST program...

- REST is a nationwide respite training program.
- Voice of Care REST trainers are Lutheran and understand the call to serve people with disabilities as a call from the Lord Jesus Christ. All Voice of Care REST trained congregations are given the Biblical foundation for disability ministry.
- Voice of Care familiarity with Lutheran churches and their organizational structures and can help a church find the best oversight for the congregational REST program.
- In-home and onsite models for respite care offer a congregation options to fit a variety of facilities and levels of volunteer involvement.
- Congregations opting to provide onsite (drop off) respite care are given a check list of best practices to aid in providing a safe environment.
- Families benefitting from REST companion services can be assured of consistent, quality care, even in the event of geographic relocation.