
Newsletter

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adelphicare.org

God-centred caring for
everyone



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How do you talk to someone in a wheelchair?

Many of us feel uncomfortable when we see someone in a wheelchair. How do we react? What do we say? What do we do? We can do some terrible things even if we do not speak to the person. And, that is among the worst – not speaking to them, or ignoring them. We can avoid them by walking quickly past, or, like the priest in the Samaritan story, ‘cross over to the other side of the road’. All of this can be very hurtful.

How do we communicate with a person in this situation? Here are a few things to think about:

- 1 Realise that the person is human and would normally love to talk with you;
- 2 If you can, talk to them at the same level rather than from a meter above;
- 3 Talk with the person directly, not through another person;
- 4 Don't pretend that you understand their situation;
- 5 DON'T SHOUT! Speak normally.
- 6 Only speak of the person's disability if it is relevant or necessary.
- 7 Relax and be natural.

Judy Cumpson has contributed a *Personal Story* on the almost 50 years she has been a quadriplegic in a wheelchair. It is a very powerful story that tells of her battles and triumphs. Above all, it tells of her absolute faith in God and the love and devotion of her husband, Allan and her children. It is at times confronting for those of us who read it, but we can learn so much from considering the way a sister in Christ, and her family, cope with adversity.

adelphicare.org/documents/025_Crossing_boundaries.pdf

Getting older

It happens to most of us. How well do we cope with increasing age? Cathy Strachan has included

two papers on the site. In one of these she observes some of the issues associated with maintaining spirituality as we get older. The other provides phone numbers (for Australians) that can be helpful when seeking detailed information about the services available.

<https://www.adelphicare.org/pages/getting-older.html>

Karers' Korner

What is involved in care? Care involves many elements – physical, social, psychological and spiritual. This website mostly focuses (but not exclusively) on some of the social and spiritual aspects of care. *Spiritual care* is the work involved when a person assists in promoting the well-being of another through the provision of spiritual support and comfort, and assistance in times of need. We should all try to be spiritual carers. First and foremost, there is an absolutely vital component of any care and that is to *listen* to the person we are interacting with. *Listen actively* – that is, be aware of exactly what the person is saying, not just go through the motions.

Would you like to contribute to *Karers' Korner*? Please send in a little piece about the same length as the above and we'll look at it for a future Newsletter.

adelphicare.org - Vacancies

This site is presented under the auspices of the *Association of Australian Christadelphian Ecclesias (AACE)*. It is managed by an editorial team consisting of the editor, Cathy Strachan and Wayne Levick. If you would like to be a part of the editorial team, please send an email expressing interest to the editor (address above). And, there are always vacancies for *contributors*. Look at the pages of the site for some ideas and please consider contributing.
