

“It is not righteousness that you turn your faces toward the east or the west, but righteous is he who believes in Allah and the Last Day and the Angels and the Book and the Prophets, and gives his wealth in spite of his love [for it] to his relatives and the orphans and the needy and the wayfarer and the beggars, and for freeing those in bondage; and who establish the prayer and pay the poor-due; and those who fulfil their promise when they make it, and the patient in suffering and hardship, and in times of peril; it is those who are true and righteous.” (2:177)

An elderly parent, disabled, mentally ill, sick relative or friend who cannot bathe, eat, dress, relieve themselves need care, need help. The caregiver must be with them each day, tending to their every need diligently.

Charity in Islam encompasses much more than just giving money. The Prophet ﷺ said, a kind word, smile, help, removing obstacles, feeding, time, wisdom, advice is charity...

The pillars of Islam are the foundations of the individual and society. Faith, Prayer, Fasting, Hajj & Zakat. Via Zakat you aid the less fortunate impacting the entire Muslim community and society in general. Muslims are obligated to care for the needy and fulfilling this duty is a major and necessary part of worship.

There are almost 13.5 million carers in the UK. 42% of carers are men and 58% are women. The economic value of the contribution made by carers in the UK is £200 billion per year.

We care for our children, siblings, parent, animals, environment – human nature to be caring. We care for our living and for our dead, Ghusl, Kafan, Janazah, Dafan, Dua...

But more and more now we have stopped caring about others, and just care about ourselves - the Dunya & Nafs

“And your Lord has decreed that you worship none but Him, and to parents be good. Whether one or both of them reach old age [while] with you, say not to them a word of contempt and do not repel them, but speak to them a noble word.” (17:23)

“Each of you is a shepherd and each of you is responsible for his flock. The ruler who governs is responsible for his flock. A man is responsible for his family. A woman is responsible for the home and children. Each of you is a shepherd and each of you is responsible for his flock”

“There is no servant to whom Allah has entrusted the care of people, and he dies neglecting his flock, but Allah will forbid Paradise to him.”

Allah is with Those Who Are in Need

Hadith Qudsi “Allah will say on the Day of Judgment, ‘Son of Adam, I was sick, but you did not visit Me.’ I needed food, but you did not feed Me.’ ‘I was thirsty, but you did not give Me something to drink.’ If you had visited, fed, quenched him, then you have found Me there (Bukhari)

Now imagine the scenario of the caregiver who will meet his Lord, after the time spent on Earth offering his/her time, energy, and sincere efforts to care for the needs of others.

Benefits of Caregiving

“Whoever is pleased to have his provision expanded and his life span extended, then he should keep good relations with his family”

In Time Magazine & Journal, Evolution & Human Behaviour, found that people who watched and cared for others lived longer than people who didn't (Alexandra Sifferlin, 2016)

The Prophet ﷺ said: “Those who are merciful will be shown mercy by the Most Merciful. Be merciful to those on the earth and the One in the heavens will have mercy upon you” (Tirmidhi)