

Adding Family, Friends and Volunteers to Your Caregiving

Take advantage of your network and the kindness of others, but be mindful of potential schedule conflicts and time constraints. Consider having several options or a back-up plan in case your regular assistance is unable to help. Be honest, open and specific regarding what is needed when you ask for and accept help from those who are close to you. Even the healthiest families can be stressed by long-term care. It can help to keep everyone up-to-date on your loved one's needs and condition.

PERSON TO ASK

ACTIVITY

EXAMPLE: Jack's brother Tom

Take Jack to Lunch

EXAMPLE: Neighbor Jim

Take garbage out

EXAMPLE: Volunteer Sally Smith

Respite

