

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

FILLED OUT BY:

DATE:

:
:
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:
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Different people will have different skills and preferences for how they help out. Help may not always involve direct caregiving. Someone who is willing to cut the grass every week frees up your time or money to use in another way.

Enlisting the help of volunteers will allow you to diversify your support system but will also require flexibility and coordination on your part. The below chart can help you decide who you can ask, what job that person can do, and what the time commitment would be.

CONTACT (PHONE OR EMAIL)

TIME COMMITMENT

tom@email.com

Once a week, 90 minutes

555-1212

Once a week, 10 minutes

sally@email.com

Once a week, 2 hours