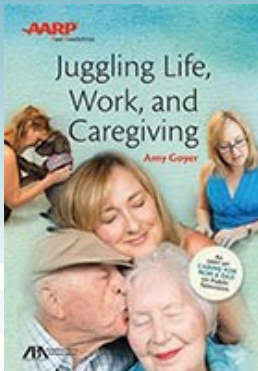


Build Your Caregiving Team

Adapted from *Juggling Life, Work and Caregiving* by Amy Goyer



“I’ve learned through caregiving that I can do anything...but I cannot do everything! ”

- Amy Goyer, author,
Juggling Life, Work and Caregiving

You may feel alone, especially when caregiving from a distance and/or when family members aren’t contributing as much as you would like. That’s why building your team is crucial to help with managing finances, personal care, legal help, shopping, transportation, home cleaning and upkeep, research, making appointments, special projects and socialization for loved ones.

I’ve learned that **I can do anything, but I can’t do everything!** Other team members have to fill the gaps and be my eyes and ears when I’m at a distance too.

- **Think more broadly** about your team - beyond just family, including neighbors, friends, volunteers, paid help, health care professionals, faith community and even your loved ones’ hair stylist!
- Even if everyone can’t play the roles you’d like, **try not to get caught up in resentment—it just depletes you.** Accept what they *can and will* do—every bit helps, and a variety of roles are needed.
- **Some team members help you**, the caregiver, and help free up your time to do the things only *you* can or want to do.

In building and managing your team, consider:

1. **Who is on your team now, or could be?** Make a list of everyone who does or can help in small and large ways.
2. **Are they able to contribute “hands-on” direct care or “hands-off” indirect help?** Some may do both, but others are only willing, able or comfortable in one or the other.
3. **Who plays these roles?**
 - Big picture team leaders
 - Single responsibility leaders
 - Ongoing interactors
 - Task-oriented achievers
 - One-time contributors
 - Backup players
4. **What strengths, interest, skills can they offer?** Helpful skills may include finances, organizing, compassionate care, handy at fixing things, yardwork, medical tasks etc.
5. **How do you communicate with your team?** Technology can help! Consider caregiving apps, smart phone features like texting, creating a social media group, emails, conference calls, video chat, shared calendars and shared task lists.
6. **How do you reinforce each other?** Remember that everyone needs support and appreciation!

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Juggling Life, Work and Caregiving

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