

## Surrounding a Family Member with Care or Networks of Support

Think about who is doing what. Who is in current your **family's current network of support & their role** (*like when they were kids and you gave them a "job"*) and who are you willing to include? (Adult children, grandkids, nieces/nephews, neighbors, friends, church, co-workers, licensed agencies, etc.)

- *Don't forget to include long-distance caregivers.*

### Possible caregiver tasks that may need to be done with and/or for the care receiver (loved one)

Bathing	Grocery Shopping	Help with the checkbook	Help filling out forms
Cooking and storing easy to make meals	Providing transportation to hair cuts, social events	Help choosing who to donate to and who not to	Organizing medical and insurance paperwork
Housecleaning	Helping the loved one see friends and still do hobbies (cards, sewing)	Help sorting through mail and watch for scams and solicitations	Going to the doctor and other appointments with the care receiver; taking notes
Laundry	Doing projects together, such as woodworking	Monitoring the financial and legal situation	Researching an illness and providing information
Cleaning out the refrigerator periodically	Creating a legacy, ethical will, photo stories, documenting history together	Taking over financial and legal matters	Finding respite care
Helping with medications	Helping a pastor or spiritual advisor, etc. come visit	Discussing end of life issues	Other:

**Care Receiver** \_\_\_\_\_ **Date** \_\_\_\_\_

### Current things being done by a caregiver

Person/relationship/phone #	Helps with?

### Tasks that now another caregiver needs to help with or take over

Person/relationship/phone #	Task they agree to help with