WORKSHEET

Adding Family, Friends & Volunteers to Your Caregiving

FILLED OUT BY: DATE:

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.

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.

PERSON TO ASK	ACTIVITY	CONTACT (Phone or Email)	TIME COMMITMENT
EXAMPLE: Jack's brother Tom	Take Jack to Lunch	tom@email.com	Once a week, 90 minutes
EXAMPLE: Neighbor Jim	Take garbage out	555-1212	Once a week, 10 minutes
EXAMPLE: Volunteer Sally Smith	Respite	sally@email.com	Once a week, 2 hours