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## Circle of Care

## 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 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 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 could be.

| Person to Ask | Contact | Activity / Time Commitment |
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