

# Build your Care Support Team

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Caregiving is a team effort! Use the map on the following page to write out who you have helping you with different caregiving responsibilities.

There are different groups in your social life you could draw on for support, whether that be a member of your personal life such as a family member, friend, or neighbor, or someone from your professional network like a healthcare provider, social worker, or counsellor.

## Identify your Caregiving Support Needs:

1. What are the biggest challenges you are currently facing as a caregiver?
2. Who in your life could help address them?

Some examples could include friends for meal preparation, a bank manager for managing finances or a volunteer agency for driving to medical appointments.

As you fill out the form, reflect on what's missing or what might be needed. A care coordinator or friend can help with ideas!

## Unsure where to start? Here are a few people to consider when building your team...

- Children, parents, cousins, brother, sister, friend, neighbour, your religious community, other community organizations
- Healthcare Organization, Doctor, Nurse, Pharmacist, Mental Health Support, Personal Support Worker, Specialist, Physiotherapist
- Government Agency, Lawyer, Financial advisor, banker, funeral home

## HEALTHCARE

e.g. appointments, medication management



## FINANCES & LEGAL AFFAIRS

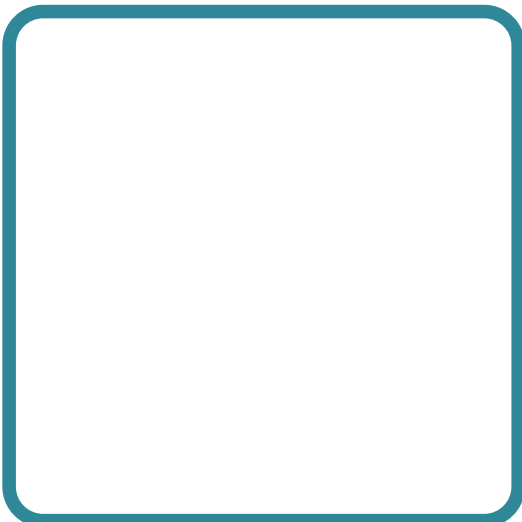
e.g. paying bills, filling out forms, advance care planning



# My Care Support Team

## PERSONAL CARE

e.g. bathing, dressing, transfers



## HOUSEHOLD CHORES

e.g. cleaning, laundry, shopping

