

Who Else Can Help

Now that you and your loved one have determined how much help is needed, who is going to provide that help? How much help *can* you or *are you willing* to provide? How much assistance is your loved one *willing to receive from you*?

Often the majority of caregiving and support falls on one person. Be realistic in your ability to “do it all.” Family members and friends should be enlisted to help avoid caregiver stress and burnout. Be specific in your requests; avoid open ended questions like “Do you think you could help with Mom sometime?” Instead ask for the assistance you would like this person to provide, *“I am having trouble getting out for groceries. Would you come to sit with Mom on Friday nights from about 7 pm to 10 pm so that I can run errands?”*

Don’t forget untapped resources of family and friends. Even those who live at a distance may be able to take over managing bills or some other task.

Realize that you may need outside professional assistance. You may not be comfortable assisting with certain personal tasks such as bathing or toileting, or you may find that you are uneasy performing medical procedures. Your loved one may also be uncomfortable receiving assistance from you and may prefer outside assistance in order to preserve and maintain their sense of independence, privacy and dignity. Tips on hiring outside help are provided [here](#).

The information available through [Family Caregiving 101](#) can provide invaluable assistance as you journey through the various stages of caregiving.

A chart has been created that you may wish to print and use to list the [Available Resources for Support and Service](#) that you have or will develop.