Caregiving works best as a team.

A friendly, no-blame guide to starting the “how can we share this?” conversation with your siblings.

BEFORE YOU TALK

3 steps to get started

1. **Pick the right moment**
   A calm, private time works better than a crisis or a busy family gathering.
2. **Start with thanks**
   Appreciate what each person already does, in whatever form it takes.
3. **Bring a simple list**
   Write down what care involves today so everyone sees the full picture.

TRY SAYING

Conversation starters

- *“I want our parent to have great care, and I want none of us to carry it alone. Can we talk about how we’re each helping?”*
- *“Here’s what I’ve been handling lately. What does it look like from your side?”*
- *“What would you feel most comfortable taking on?”*
- *“What would make this easier for each of us?”*

MAKE A PLAN

Share the load

Help can look different for everyone: in person, by phone, with paperwork, with money, or as a backup. All of it counts.

What needs doing	Who’s on it	How often
Doctor visits and transportation		
Medications and pharmacy		
Bills, insurance and paperwork		
Meals, groceries and household help		
Check-in calls, visits and coordination		
Backup plan: who steps in if there’s an emergency?		

KEEP IT GOING

- **Set a monthly check-in**
  Twenty minutes is plenty.
- **Revisit as needs change**
  Roles can shift over time.
- **Say thank you often**
  Appreciation goes a long way.