

Self-Care

Building Your Care Team

In hospice care, we use a team approach where different disciplines – nurses, social workers, chaplains – address the varied needs of individuals at end of life. It’s good to identify those who are willing to support you as a caregiver – your care team – and to allow them to help.

Possible members of your team:

- Family members
- Neighbors/Friends
- Clergy/Church members
- Caregivers
- Counselors/Therapists
- Medical professionals
- Home Care Providers
- Adult day program staff
- Financial advisors
- Other _____
- Other _____
- Other _____
- Other _____
- Other _____

Ways to communicate with your team:

- Family meetings, in person or virtually
- Group email or text updates
- Family blog or Facebook group
- Other _____
- Other _____

Keys to remember:

Identify specific ways each member of your team can help.

Communicate regularly, especially as care needs change.

Consider having “team meetings” over coffee or a meal.

Lean into your team and accept their support.

Remember, building a support system around you will help you care for yourself and help you as you care for your loved one.