OUTER CIRCLE OF SUPPORT WORKSHEET

The outer circle of support includes people and professionals that you may be less involved with or have a more formal relationship with compared to your inner circle. This may include people you work with or go to church with. Your medical provider, the doorman at work, and other connections would be included here.

List your Outer Circle Network here. List as many people and organizations as you can think of. Include their phone number and email address.

| Name | Phone | Email | Notes |
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YOUR CAREGIVING TEAM



Use this form to create your team.

You can use this for different situations where your team will shift. This should be a guide to help you reach out to team members.

| Team | | Role/Special Skills, | |
|--------|----------|-------------------------|--------------|
| Member | Relation | Knowledge | Contact Info |
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Caregiving Takes a Team



This short assessment can help you to think through some potential situations so you can be prepared.

| 1. You have a family member living in another state. How do you make them a part of your team and why? What role can they hold in the team? |
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| 2. What other family members can you include and what role might they have? |
| 3. Your loved one has had to go to the hospital. Who do you add to your team now and why? Who on your team do you reach out to for help, and what skills, knowledge, experience will they offer? |
| 4. How do you communicate with hospital staff? How do you assess the "professional culture clash" of various experts to get the best information? |
| |

Caregiving Takes a Team



5. You have made the decision to move your loved one to a care facility (assisted, nursing, semi-independent living). Who is on this team? How do you lead this move for your team? How do you communicate this decision and who is included in it?

6. You can have different teams for different situations. What sort of situations might cause a change in your team? How would you shift your leadership and communications? Who will be on the shifting teams?