





# 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?

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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?

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4. How do you communicate with hospital staff? How do you assess the “professional culture clash” of various experts to get the best information?

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**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?**

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**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?**

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