

1. Start the Conversation

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Ask your loved one about their wishes, values, and preferences on things that matter, from health to finances to where it would best to live.

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2. Form a Team

Form a larger network of friends, family, and community resources to help you. Then, decide who's in charge.

3. Make a Plan

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Ask your caregiving team members about what tasks they can and are willing to take on, and put the plan in writing.

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4. Care for Your Loved One

Ask your loved one's doctor for training on unfamiliar care procedures, and install safety measures around the home.

5. Care for Yourself

Give yourself a break. Don't neglect exercise, sleep, and healthy eating, and take time for activities you enjoy.

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