



# ***Share The Care***

## ***Organizing to Support Caregivers***

Claire Culbertson, MPH  
Volunteers-in-Action Advisory Board Member  
Providence Hood River Hospital

REVISED AND UPDATED

# Share The Care

How to Organize a Group to Care  
for Someone Who Is Seriously Ill



Cappy Capossela  
AND Sheila Warnock

FOREWORD BY SUKIE MILLER, PH.D.



# *Beginnings....*

- **Share the Care - Sheila Warnock's story**
- **Share The Care at University of Wisconsin Comprehensive Cancer Center.**
- <http://sharethecare.org/stc-overview/who-stc-helps/>

**“Share The Care offers so  
many wonderful  
opportunities to build  
community”**

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Sharon Groff, Marshfield, WI  
“The Swimmers”



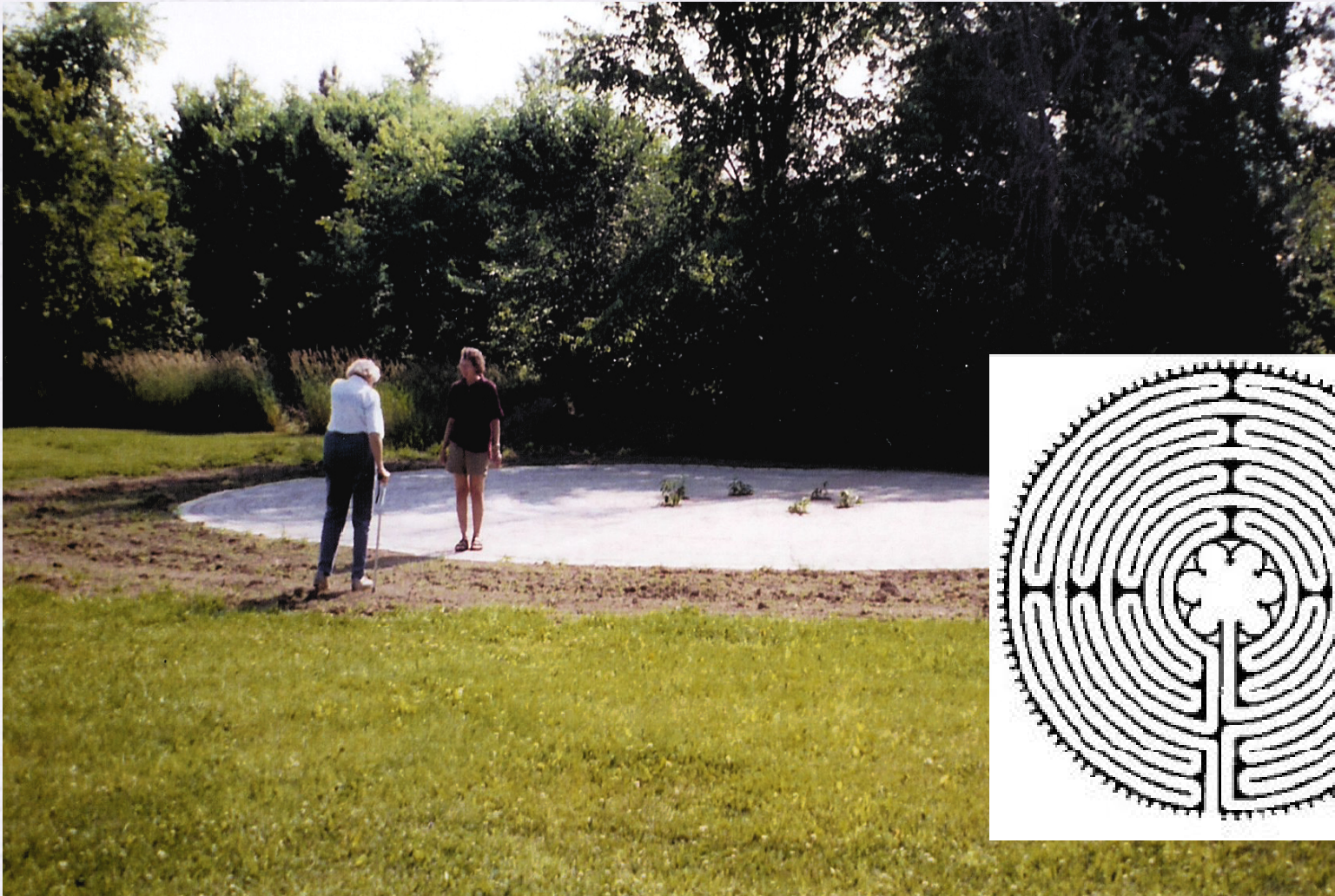
# “Swimmers”





*“We are not human beings having a spiritual experience, rather we are spiritual beings having a human experience”*

-Pierre Teilhard de Chardin





# ***The Model***

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# *Share the Care in multiple situations*

The Share the Care model can be used in serving people

1) with chronic conditions:

Alzheimer's and Parkinson's disease,  
Multiple Sclerosis, ALS, heart/stroke,  
cancer, COPD, etc.

2) in rehabilitation (back surgery, broken bones)



# *Share the Care in multiple situations*

3) Disabled adults or children

4) grandparents or other relatives  
raising children

5) the frail or elderly

6) at the end-of-life

*\*One of the main benefits of a Share the Care group - Sustainable over a long period of time.*

# **Dolores' Bakers Dozen**





Share The Care is a model that explains how friends, relatives, neighbors, co-workers and acquaintances can create a “caregiving family” to help someone they know who is in need of assistance.

# ***Support Network***

**Care team can include:**

- **Family members**
- **Partners**
- **Close friends**
- **Co-workers**
- **Faith community**
- **Neighbors**
- **Clubs and associations**



# ***Finding the People Who Care***

- **Immediate family and all relatives**
- **Close and not-so-close friends**
- **Friends of friends**
- **Neighbors (current and old)**
- **Colleagues (past and present)**
- **Business associates**
- **Faith community**
- **Club members**
- **Service groups**
- **Parents of children's friends**
- **[An extensive list appears on pp. 48-49]**

# *Kate and Elliott*





# *Barriers to Asking for/Accepting Support*

- Don't identify as being a caregiver
- Caregiving can begin in small increments, increasing over time
- Privacy
- Independence
- May feel tired and overwhelmed
- Don't realize how stressed they are
- Don't know how to ask for help/or feel they will be a burden
- Feel like they (or the family) are handling everything just fine



***Dianne's Morning Glories Circle  
of Care***

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**A Share The Care group cares not only for the person in need, but also for their entire family.**

**If a person has no family nearby, the group becomes their “family.”**

# *Bob's Brigade*





# Forming a *Share The Care* Group

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# ***The Share The Care book tells you how to:***

- **Approach the person who is ill or their family about starting a group.**
- **Assess the needs.**
- **Identify two committed people (friend or family member).**
- **Find people that have an interest in helping (not excluding children or people that live at a distance).**



## ***Identify Two People Who Can Help Organize the Care Team***

**Should *not* be the primary caregiver. Could be:**

- **Close friend**
- **Church “buddy”**
- **Colleague**
- **Family members who are not already over-burdened by caregiving**
- **Book club or other affiliations**



We're working our way into Sally's heart... through her dogs 😊



# ***Role of Care Team Organizers***

**With caregiver and recipient:**

- **Develop a list of routine, easy-to-do tasks.**
- **Determine when the most convenient time is for requested tasks to be completed.**
- **Who might be part of the support system (book group, Bible study group, neighbors, relatives, co-workers).**
- **Schedule and host the care-team organizing party.**

# *Preparing for the Gathering*

- [www.sharethecare.org](http://www.sharethecare.org) and book
- Individual data form
- Rotating Captain' s Schedule
- Caring Schedule
- Phone tree



# Share The Care™

[Home](#)

[How We Can Help You](#)

[Why STC](#)

[Who We Are](#)

[What's New](#)

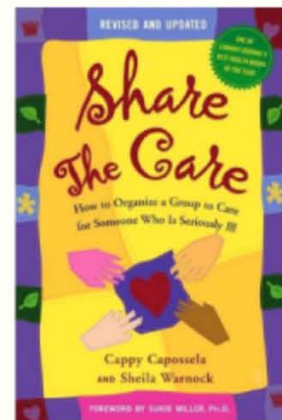
[Take Action](#)

[STC Journey Dashboard](#)



Bob's Brigade, WI

Our Mission is to improve the quality of life for anyone who needs support and to reduce the stress, depression, isolation and economic hardship of their caregivers.



[Support Us](#)



# *Planning the Gathering*

- **Select two dates**
- **Determine location**
- **Contact people**
- **Skype enables friends and family to participate in the meeting**



## ***A Share The Care group can also include:***

- **A nurses aid**
- **Visiting nurse**
- **Parish nurse**
- **Hospice social worker/nurse**

# ***What happens at the initial gathering?***

- **Gain an understanding about the positive benefits of being a care-team member.**
- **People can select what tasks they are *willing* to do and the things they *absolutely don't want to do*.**
- **Meet the other people that care.**
- **Hear from the person receiving the care.**



# ***Format***

- **Leader and coordinator introduced**
- **Purpose of meeting**
- **Introductions (the diversity of skills & talent in the group)**
- **Complete exercises: Feelings (pre/post); What I hope to receive from being in the group**
- **Explanation of forms/systems**

## NOTE TO COORDINATOR:

- Use in first meeting
- Copy on blue-tinted paper
- Staple together with pages 2 (or Alternate 2), 3

p.1

Date: \_\_\_\_\_

**INDIVIDUAL DATA FORM**

Name \_\_\_\_\_

Address Street \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: (    ) \_\_\_\_\_

Work Phone: (    ) \_\_\_\_\_

Other Phone: (weekend home) (    ) \_\_\_\_\_

Fax: (    ) \_\_\_\_\_

Cell: (    ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Occupation: \_\_\_\_\_

Hobbies/skills: \_\_\_\_\_

Do you have a car?    yes    no    If not, can you drive?    yes    no

Can you participate as a Share The Care member?    yes    no

If you feel you cannot participate as a Share The Care member,  
can you commit to being a free-floater?    yes    no

AVAILABILITY: Are there any days or specific hours when you know you would **NOT** be available?  
Please indicate in the chart below:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M. 1:00 P.M.							
1:00 P.M. 5:00 P.M.							
5:00 P.M. 10:00 P.M.							
10:00 P.M. Overnight							

OTHER: (Specific dates)



NOTE TO COORDINATOR:  
Copy on pink-tinted paper

Date: \_\_\_\_\_

## ROTATING CAPTAIN'S SCHEDULE

A Share The Care week is: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday ,through and including Sunday.

**IMPORTANT** : If you absolutely cannot be Captain for a specific week you must:

1. Notify your Co-Captain.
2. Find a replacement

CAPTAINS		DATES (FOR WEEKS OF:)	
1.			
2.			
1.			
2.			
1.			
2.			
1.			
2.			
1.			
2.			
1.			
2.			

Hospital: \_\_\_\_\_

Address: \_\_\_\_\_

Room: \_\_\_\_\_ Tel: \_\_\_\_\_

Visiting Hrs: \_\_\_\_\_

Date: \_\_\_\_\_

Captain: \_\_\_\_\_

Captain: \_\_\_\_\_

**SHARE THE CARE  
CARING SCHEDULE**

DATES	/	/	/	/	/	/	/
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M. 1:00 P.M.							
1:00 P.M. 5:00 P.M.							
5:00 P.M. 10:00 P.M.							
Overnight							



- [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com) - Lotsa Helping Hands (online support and coordination)
- [www.caringbridge.org](http://www.caringbridge.org) (Caring Bridge - private websites that connect people experiencing a significant health challenge to family and friends)
- [www.carepages.com](http://www.carepages.com) (Care Pages - free patient blogs that connect friends and family during a health challenge)
- [www.mealtrain.com](http://www.mealtrain.com) (meal scheduling)

# SHARE THE CARE TELEPHONE TREE

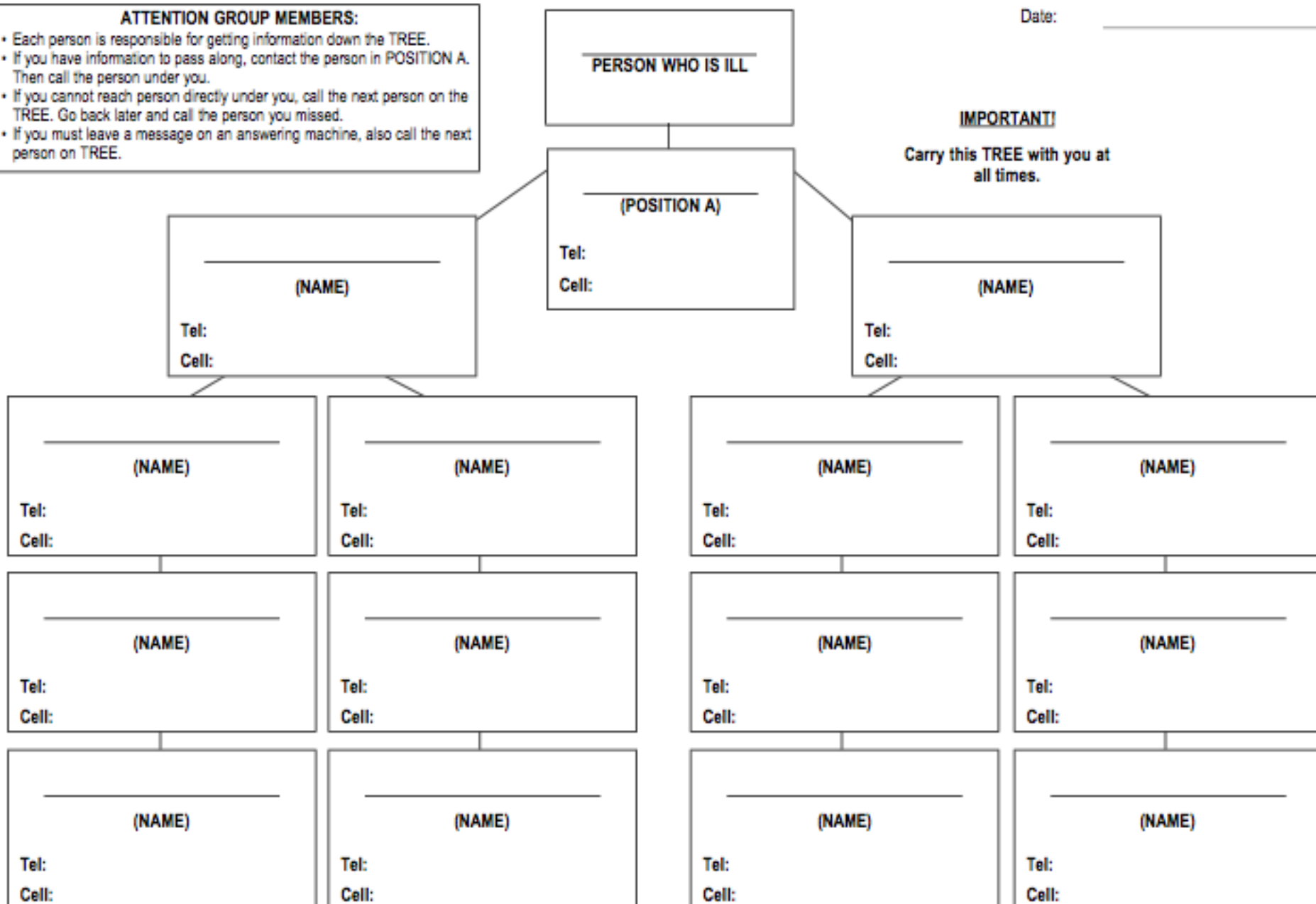
Date: \_\_\_\_\_

## ATTENTION GROUP MEMBERS:

- Each person is responsible for getting information down the TREE.
- If you have information to pass along, contact the person in POSITION A. Then call the person under you.
- If you cannot reach person directly under you, call the next person on the TREE. Go back later and call the person you missed.
- If you must leave a message on an answering machine, also call the next person on TREE.

## IMPORTANT!

Carry this TREE with you at all times.





# ***The Green Team***

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## ***The 7 Principles of Caregiving***

- 1. Sharing responsibility is the key to not “burning out.”**
- 2. Know your limits and stick to them.**
- 3. It won’ t work unless everyone gains something personally.**



## ***The 7 Principles of Caregiving***

- 4. There's no one right way to do it.**
- 5. Anyone who wants to help should be encouraged.**
- 6. Trust the group; support each other.**
- 7. Keep your own life in good working order.**

# *Share The Care in Communities*

- ShareTheCaregiving, Inc. – Sheila Warnock, author and speaker [www.sharethecare.org](http://www.sharethecare.org)
- Hospitals, Cancer Centers, and clinics (volunteer programs)
- Aging & Disability Resource Centers, Area Agency on Aging, Senior Centers
- Faith communities (parish nurses)



# ***Share The Care***

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***Questions?***