



CREATING A FAMILY CARE PLAN

Creating a Family Caregiver Plan

Caring for a loved one is one of the most meaningful responsibilities we can take on—but it can also be overwhelming without structure. A family caregiver plan helps prevent burnout, ensures the best care for your loved one, and allows responsibilities to be shared among family, friends, and professionals. By creating a plan, families can “divide and conquer,” making the process more sustainable and supportive for everyone involved.

For additional resources and guidance, visit the Family Caregiver Alliance.

(<https://www.caregiver.org/>)

Generation Bridge is a Christian, faith-based project founded by Brian Sherwood at the United Methodist Church of Monroe in 2018. Our mission is to help people with questions find those with answers — through conferences, seminars, webinars, and community conversations.

Scripture reminds us how important a strong family is in caring for our loved ones. 1 Timothy 5:1-5 notes: “*Widows, Elders and Slaves*”

1 Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers, 2 older women as mothers, and younger women as sisters, with absolute purity.

3 Give proper recognition to those widows who are really in need. 4 But if a widow has children or grandchildren, these should learn first of all to put their religion into practice by caring for their own family and so repaying their parents and grandparents, for this is pleasing to God.”

Essential Elements of a Caregiver Plan

1. Build a Care Team

Need: Caregiving cannot rest on one person’s shoulders.

Approach: Identify family, friends, and professionals who can help. Assign roles based on strengths and availability. Emphasize teamwork over isolation.



2. Clarify Roles and Tasks

Need: Without clarity, responsibilities slip through the cracks.

Approach: List all recurring tasks (medical, financial, personal care, errands) and assign each clearly. Confirm each person understands their role.

3. Leverage Family Meetings

Need: Coordination is critical.

Approach: Hold periodic family meetings to review needs, adjust responsibilities, and ensure everyone is aligned. Include long-distance relatives with virtual updates.

4. Involve Professionals

Need: Medical, legal, and emotional needs often exceed family expertise.

Approach: Incorporate physicians, specialists, pharmacists, and possibly geriatric care managers. Engage legal/financial advisors as needed.

5. Engage Friends & Neighbors

Need: Families often overlook informal helpers.

Approach: Ask neighbors or friends to pitch in with practical tasks—grocery runs, yardwork, or companionship visits—offering caregivers a vital break.

6. Consider Paid Support

Need: Caregivers need respite to sustain long-term support.

Approach: Explore respite care, adult day programs, or home care services. Even a few hours a week can reduce stress.

7. Use Helpful Technology

Need: Coordination and medication management can be complex.

Approach: Use apps like Medisafe, Lotsa Helping Hands, or CaringBridge to streamline medication reminders, scheduling, and communication.

8. Communicate Openly About Diagnosis

Need: Silence breeds misunderstanding and denial.

Approach: Share the diagnosis honestly with family and close friends. Provide updates, resources, and education so others can adapt and support effectively.



9. Educate and Involve Children

Need: Kids are affected too and need understanding.

Approach: Explain the illness in age-appropriate ways. Encourage questions, listen to concerns, and involve school counselors if needed.

10. Encourage Connection and Activities

Need: Loved ones still need joy and engagement.

Approach: Suggest activities they can share with others—music, photo albums, walks, cooking, or simple crafts. Maintaining meaningful moments strengthens relationships.

Here's a handy resource we wanted to share with you. It's from the US CDC website and comes as a clear, easy-to-use PDF. It's designed to guide you and your family in building a Family Care Plan that works for everyone. [DOWNLOAD HERE!](#)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION
ATLANTA, GA 30329

Complete Care Plan

Reset Form

Complete THIS FORM with the information about the PERSON RECEIVING CARE
A care plan summarizes a person's health conditions and current treatments for their care



First Name: _____ Last Name: _____

Date of birth: _____ Age: _____ Phone number: _____

Address: _____ E-mail: _____