



## Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill

*Cappy Capossela, Sheila Warnock*

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## You Don't Have to Do It Alone

Whether you're prepared for it or not, chances are you'll take on the role of caregiver when a family member or friend is affected by a **serious illness or injury**, or when you find **your elderly parent needs help**. As you'll soon discover, the range of tasks and responsibilities involved are overwhelming. *Share The Care* offers a sensible and loving solution: a unique group approach that can turn a circle of ordinary people into a powerful caregiving team. *Share The Care* shows you how to:

1. **Create a caregiver "family" from friends, real family members, neighbors, coworkers, and acquaintances.**
2. Hold a meeting to organize your group, and introduce members to the Share The Care systems that guarantee every job will be done and no one person will have to do too much.
3. Discover the hidden talents within the group, make the most of their resources, cope with group issues, and stay together in the face of adversity.

Included here are valuable guidelines, compassionate suggestions, and a simple-to-use workbook section that together offer support to free the patient from worry and the caregivers from burnout. *Share The Care* offers friends and family the best answer ever to the frequently asked question "What can I do?"



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