

Self-Care

Building Your Care Team

In hospice care, we use a team approach where different disciplines – nurses, social workers, chaplains – address the varied needs of individuals at end of life. It’s good to identify those who are willing to support you as a caregiver – your care team – and to allow them to help.

Possible members of your team:

- Family members
- Neighbors/Friends
- Clergy/Church members
- Caregivers
- Hospice volunteer
- Counselors/Therapists
- Medical professionals
- Home Care Providers
- Adult day program staff
- Financial advisors
- Other _____
- Other _____
- Other _____
- Other _____

Ways to communicate with your team:

- Family meetings, in person or virtually
- Group email or text updates
- Family blog or Facebook group
- Other _____
- Other _____

Keys to remember:

Identify specific ways each member of your team can help.

Communicate regularly, especially as care needs change.

Take advantage of help from the hospice volunteer.

Don’t hesitate to reach out to your hospice care team with questions or needs.

Remember, building a support system around you will help you care for yourself and help you as you care for your loved one.