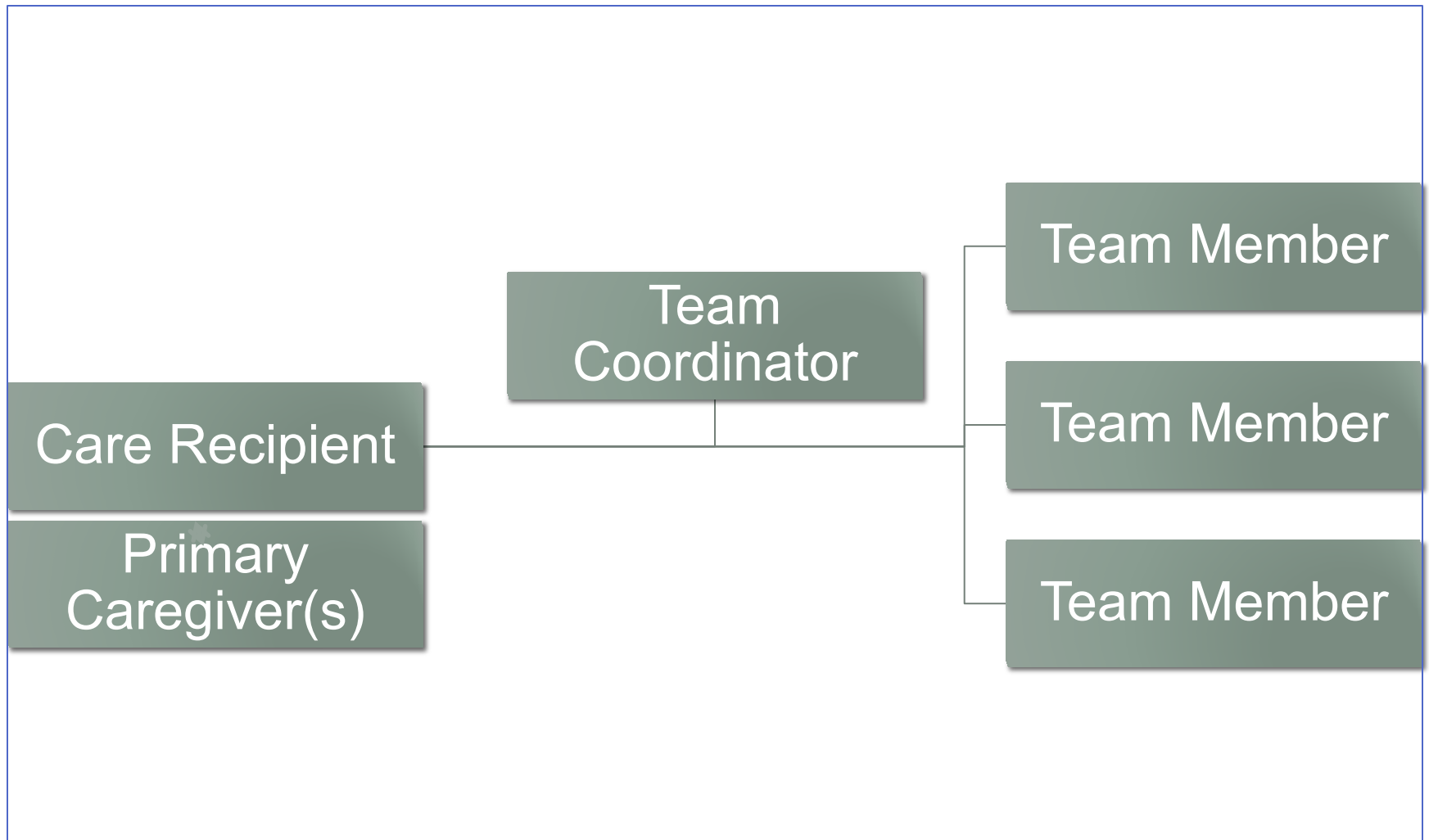


BUILDING A CAREGIVING TEAM

Lessons Learned



Team Structure

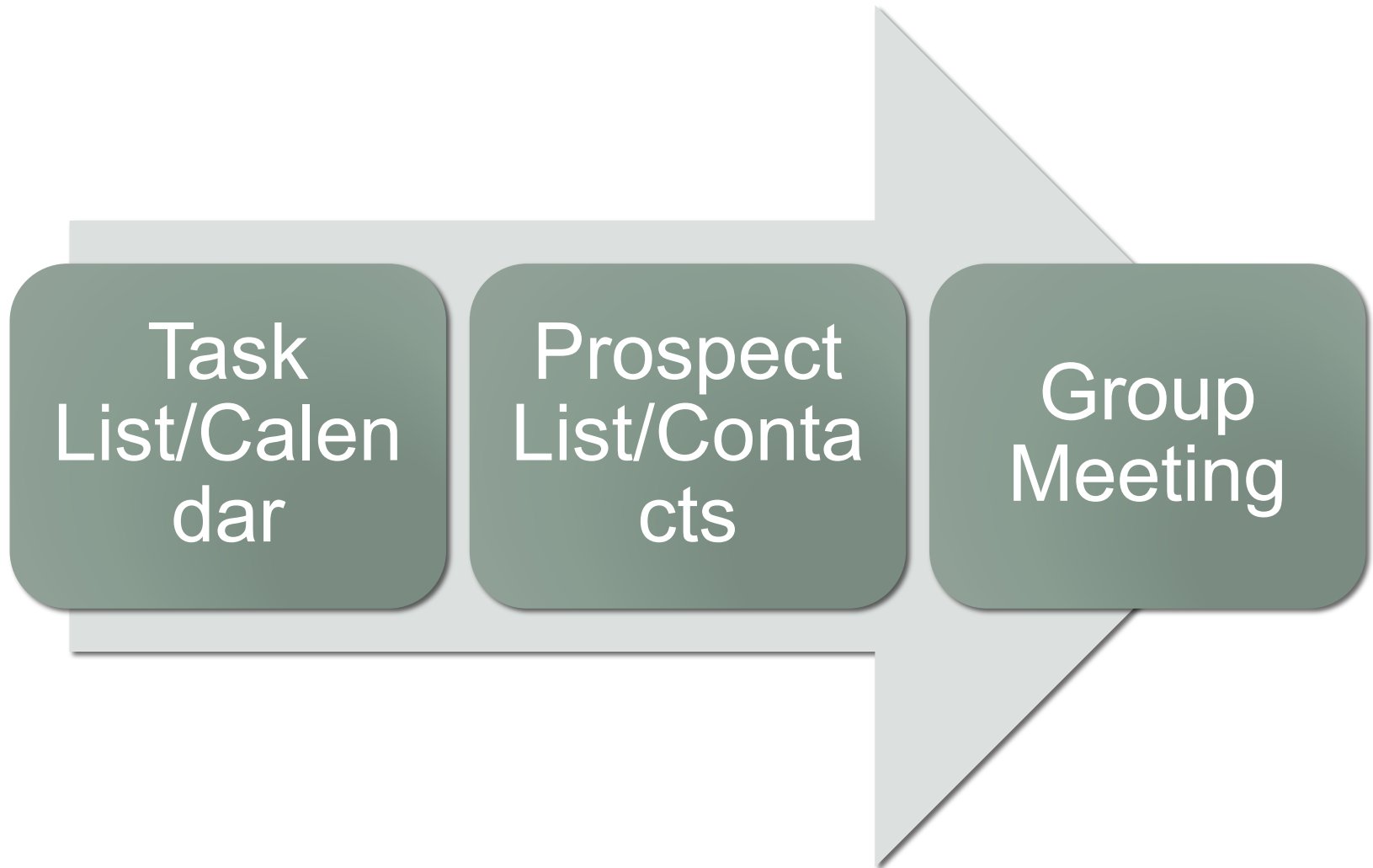


Team Coordinator Qualities

- Well-organized
- Proficient with tech/tools
- Genuine concern
- Good listener
- Can set personal boundaries
- Reliable
- Not controlling
- Communicates well with others
- Champion of safety requirements

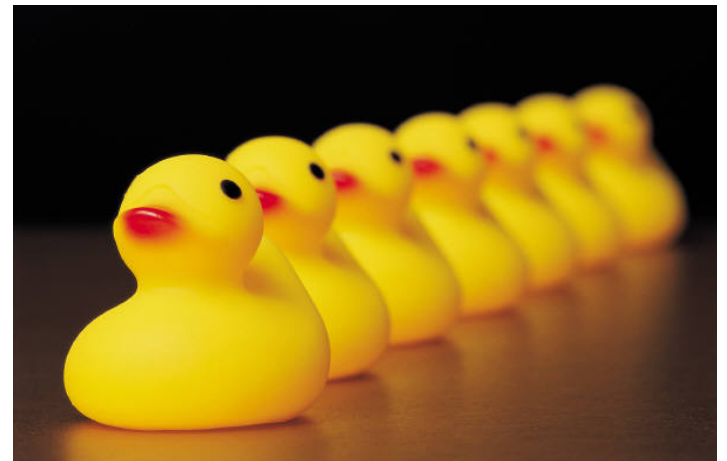


Team Process



Team Member Qualities

- Genuine concern
- Good listener
- Can set personal boundaries
- Reliable
- Not controlling
- Communicates well with others
- Follows safety requirements



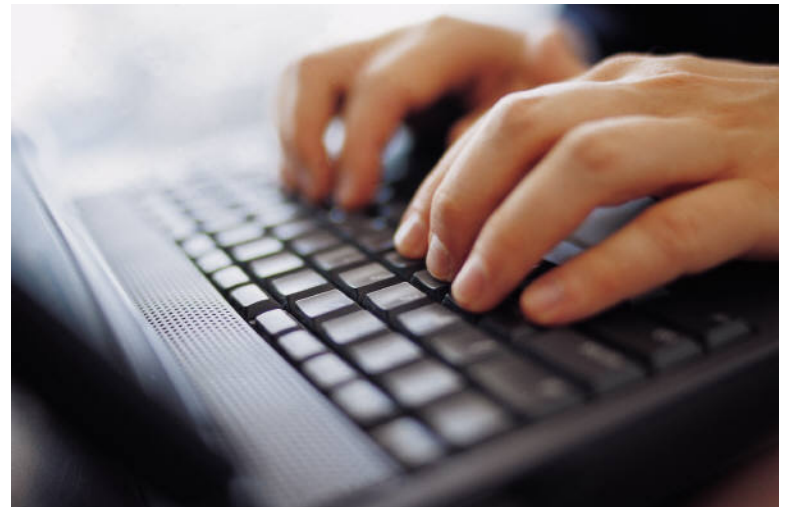
Team Meeting Agenda

- Introductions – relationships
- Contact sheet (how and best time to reach)
- Patient/caregiver update
- Review tasks/calendar
- Sign-up (voluntary only)
- Share communication tools/processes
- Thanks



Team Communication Tools

- Group texts
- Group emails
- Replies to Team Coordinator (no Reply to All)
- Shared calendar
- Direct communication with patient or caregiver for specifics



Challenges

- Finding the best communication channels
- Communication snafus/tech proficiencies
- Accepting no's graciously – team coordinator's job
- Regular check-ins with patient or primary caregiver to make needed adjustments
- Removing unsuitable team members



Rewards

- Reduced patient/caregiver isolation – opens their world
- Helps to avoid caregiver burnout
- Team members feel really useful
- Deeper relationships between patient/caregiver and team members
- Friendships among team members



Caregiving Resources

- ***Aging and Disability Resource Center (ADRC)***
1-844-843-6364 / www.Nebraska.aroundja.org
- ***Nebraska Lifespan Respite Network***
1-866-737-7483 / www.nrrs.ne.gov/respite
- ***Lincoln Caregivers Education Group***
Facebook - [@lincolncaregiverseducation](https://www.facebook.com/@lincolncaregiverseducation)
- ***Nebraska Caregiver Coalition***
Facebook - [@NebCaregiverCoalition](https://www.facebook.com/@NebCaregiverCoalition)
- ***AARP Caregiving Resource Center***
www.aarp.org/caregiving

Caregiving Resources

- ***AARP Community Connections***

888-281-0145 (friendly call) / www.aarpcommunityconnections.org

- ***AARP Learn@50+***

www.aarp.org/learn@50plus

- ***211 - Nebraska***

2-1-1 or 402-444-6666 / Text your zip code to 898211 / Email:
ne211@uwmidlands.org

- ***Answers4Families and
The Nebraska Resource and Referral System***

www.answers4families.org | www.nrrs.ne.gov

Questions?



For more ideas about developing and maintaining a caregiving team, visit SharetheCare.org