

Family Guide to Caregiving

As a loved one ages and requires more care, your relationship with them may change. And when caregiving is shared among family members, your relationships with them might also change – and not always for the better.

Siblings, cousins, and even extended family may all play a role in caregiving and be involved with discussing options for care. If your loved one is able to make decisions, they and their spouse or partner should have the final say. Sometimes this can make decisions more complicated.

Caregiving can change family dynamics, but it can also deepen family ties. This guide to caregiving can be a resource for you and your family, helping you all to provide the best possible care to your loved one.

Although caregiving as a family can be hard, it's not impossible – and it can also be really rewarding. You may find your relationships with family members growing stronger and deeper. You might learn something new about your sibling, and you can make great memories when you take the time to appreciate each other.