HOW TO BUILD YOUR CAREGIVING TEAM

**TEAM MEMBERS**

Self

Close Family Members

Close Friends

Extended Family and Friends

Neighbors

Faith Community

Community Resources

Public Library

Senior Center/Community Center

Support Groups

Places of Worship

Respite Care

Adult Day Care

Professionals

Legal

Financial

Medical

Counselor/Pastor

Law Enforcement

Paid Caregivers

Your Computer

www.reneeharmon.com