

Family Caregiving Models

Caring for someone with dementia can be a complex task. It can be frustrating, confusing, and emotionally and physically exhausting, though it has its rewards and good times.

Within families there are a variety of models by which the caregiving responsibilities may be shared:

SOLITARY CAREGIVING

- One family member responsible, others not involved.

OBSERVED CAREGIVING

- One family member responsible, others voice their opinions.

TAG TEAM

- Rotating solitary caregiving - hard to maintain continuity.

UNEASY ALLIANCE

- Multiple caregivers with different goals and styles

COLLABORATIVE

- Family working together.

1 Which model of caregiving exists within your family today?

2 Which model of caregiving would you like to aim for in the future?

3 What needs to happen for you to reach this goal?
