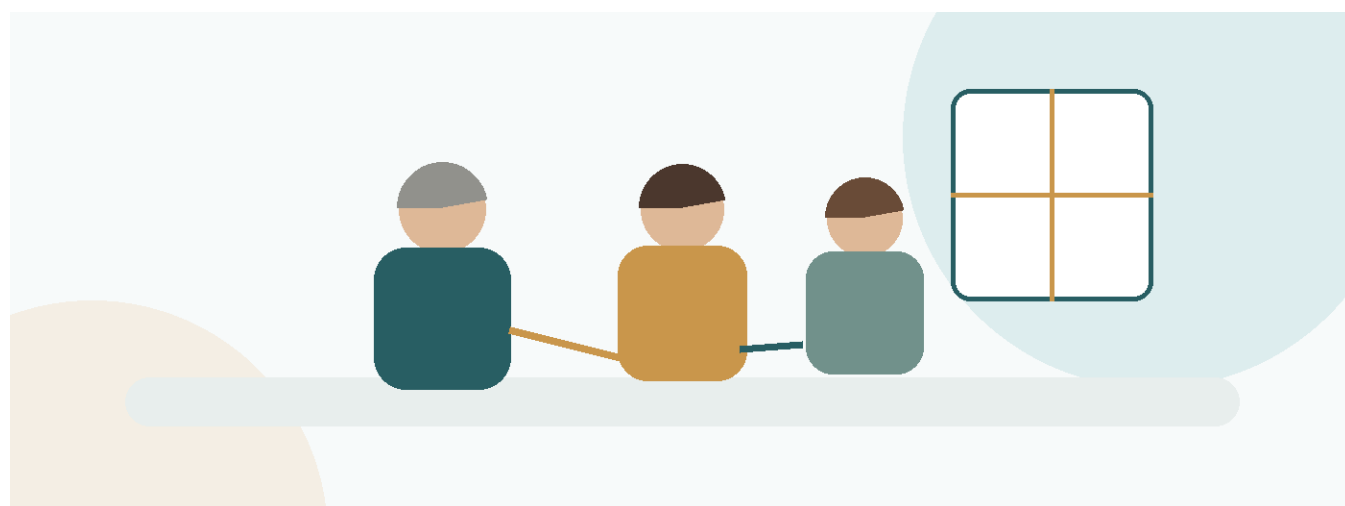


Identify Who and What Is Already Available

Building support before assuming the family must do everything

GUIDE 6

Warm, practical guidance
for adult children & families



A warm, practical guide for adult children and families

Start with the circle that already exists

Adult children often assume they must personally fill every gap. Before taking on another responsibility, look at the people, programs, and services already around your parent.

Map the support circle

PARENT — What does your parent want to continue handling independently?

FAMILY — Who can help nearby? Who can help from a distance?

FRIENDS & NEIGHBORS — Is there someone your parent trusts for an occasional check-in or small task?

COMMUNITY — Senior centers, faith communities, volunteer programs, transportation programs, meal programs, and local aging services may already provide useful support.

PROFESSIONALS — Health professionals, care managers, home-care providers, attorneys, financial professionals, and other specialists may be appropriate for needs that require expertise.

PRIVATE SERVICES — Delivery, transportation, household help, maintenance, and other paid services can fill practical gaps.

Look for free or subsidized help first

Local aging agencies and community organizations may offer transportation, meals, caregiver support, home-safety resources, or referrals. The federal Eldercare Locator can help families identify aging resources in their area.

Using an existing public or nonprofit resource when it fits is not “settling.” It can be the right solution.

Give people specific jobs

“Let me know if you need anything” rarely creates a plan. Specific requests work better: “Can you take Dad to his Tuesday appointment?” “Can you call Mom on Sunday evenings?” “Can you research two meal-delivery options?”

Include people who live far away

Distance does not eliminate someone's ability to help. A family member across the country may be able to research services, coordinate schedules, manage family updates, organize documents, or handle calls.

ROLAND'S TAKEAWAY

“A strong support system is rarely one person doing everything. Look first at what already exists, then fill the gaps.”

A NOTE FROM ANCHOR

This guide is educational and is intended to help families organize their thinking and prepare for conversations. It is not medical, legal, financial, mental-health, or professional care-management advice. For health, safety, legal, financial, or other professional concerns, contact an appropriately qualified professional.

TRUSTED RESOURCES & FURTHER READING

Anchor developed this guide as original educational guidance informed by established caregiving resources. We encourage families to visit these organizations directly for additional information.

- **National Institute on Aging — Does an Older Adult in Your Life Need Help?**
<https://www.nia.nih.gov/health/caregiving/does-older-adult-your-life-need-help>
- **National Institute on Aging — Getting Started With Caregiving**
<https://www.nia.nih.gov/health/caregiving/getting-started-caregiving>
- **National Institute on Aging — Services for Older Adults Living at Home**
<https://www.nia.nih.gov/health/caregiving/services-older-adults-living-home>
- **National Institute on Aging — Sharing Caregiving Responsibilities**
<https://www.nia.nih.gov/health/caregiving/sharing-caregiving-responsibilities>
- **AARP — New to Family Caregiving? 10 Tips on How to Get Started**
<https://www.aarp.org/caregiving/basics/how-to-be-a-caregiver.html>
- **Family Caregiver Alliance — Caregiving 101: On Being a Caregiver**
<https://www.caregiver.org/resource/caregiving-101-being-caregiver/>