

Caregiver Support and Shared Load | Example

Dev Asks for a Specific Kind of Help

Adult caregivers | 5 to 8 minutes | Handout

Follow a fictional caregiver as they turn a vague offer into a feasible support.

This fictional example concerns Dev, who supports an adult relative at home. A friend says, "Let me know if you need anything." Dev appreciates the offer but feels too tired to decide what to ask for.

How to use this page

Read the example and notice how the request is limited. Dev's arrangement is only an illustration; a helper's skills and the care recipient's wishes must shape any real plan.

Choose a task with clear edges

Dev chooses grocery pickup rather than asking the friend to provide personal care. Dev asks, "Could you collect the prepared order Thursday between four and five and leave it at the door?" The request includes a time, task, and endpoint.

Check the arrangement

The friend can do Friday instead. Dev checks that Friday works and confirms the order will be ready. The relative agrees with the delivery plan. Dev does not share unnecessary health information. No one assumes the friend is now responsible for future weeks.

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Review the actual relief

The pickup saves one trip, but Dev still needs uninterrupted time for a personal appointment. Dev keeps the grocery arrangement and asks a service coordinator about suitable care coverage. One useful favor does not solve the entire load, and Dev does not treat it as a reason to stop asking for other support.

1. What made the request easier to answer and follow through on?**Facilitator notes and adaptation**

The example uses a nonclinical task. Do not imply that an untrained friend can safely take over transfers, medication, or supervision. Arrange suitable support for the individual care needs.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA08 | Centers for Disease Control and Prevention | Healthy Habits: Caring for Yourself When Caring for Another

<https://www.cdc.gov/caregiving/caring-for-yourself/index.html>

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PA09 | National Institutes of Health | Social Wellness Toolkit

<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits/social-wellness-toolkit>