

[Caregiver Support and Shared Load | Explore](#)

Map the Load and Find One Opening

Adult caregivers | 8 to 10 minutes | Worksheet

Identify a caregiving demand that could be shared, changed, or supported.

Choose a typical part of the day or week. Include the planning and waiting as well as the task itself. The aim is to find one opening for help, not to produce a perfect schedule.

How to use this page

Use broad task descriptions and leave out identifying health details if the page may be shared. Choose one demand to explore first. You can complete the rest later or with support.

Separate the task from its coordination

For example, transport may include booking, checking access, preparing, traveling, and waiting. Ask which part someone else could own. A smaller task with clear responsibility may be more useful than a vague promise of help.

Identify what cannot simply be handed over

Some care requires training, consent, professional guidance, or a suitable service. Write the need for support rather than assigning it to someone unprepared. Include the care recipient's preferences and communication needs in planning.

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Choose an opening

Could a nonessential task wait? Could someone take one errand? Is information about respite or benefits needed? Name the barrier if no option is currently available. That can become a concrete question for a care team, social worker, or community organization rather than a personal failure.

1. One demand, including the hidden planning it takes

2. What could be shared, changed, postponed, or requires qualified support?

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3. A person or service to ask, and the specific question

Facilitator notes and adaptation

Do not encourage postponing essential care or delegating tasks beyond a helper's competence. Help identify realistic services and eligibility questions without promising access, funding, or immediate availability.

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>

PA09 | National Institutes of Health | Social Wellness Toolkit

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