

Caregiver Support and Shared Load | Facilitate

Facilitating a Shared-Load Conversation

Professionals | 10 to 15 minutes | Session guide

Help a caregiver identify a practical support while respecting the care recipient and real constraints.

Begin by recognizing the caregiver's existing knowledge and effort. Ask what would make today's conversation worthwhile. A person seeking relief may need information, service coordination, financial support, or someone to listen rather than another personal coping assignment.

How to use this page

Choose one page together and check whether it adds useful clarity or unwanted work. Explain privacy and documentation practices. Include the care recipient's perspective and consent where appropriate to your role and the situation.

Map responsibility realistically

Distinguish hands-on care, coordination, emotional labor, and tasks that require specific competence. Explore what the caregiver can choose and what is constrained by service access, income, employment, disability, or family conflict. Avoid assuming a willing helper or safe family network exists.

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Turn the need into an actionable question

A useful next step may be asking a provider about training, a social worker about respite, or a friend about one nonclinical task. Identify who owns the follow-up and how the answer will reach the caregiver. Do not promise eligibility, funding, or a service place without checking.

Review safety, burden, and choice

Ensure a proposed break includes suitable care coverage. Review whether the support reduced work or merely moved it. If the current arrangement cannot meet essential needs, use appropriate care coordination and safeguarding pathways. Respect the caregiver's right to discuss limits and alternatives without interpreting limits as a lack of love or commitment.

1. The need identified together, the responsible next contact, and the follow-up plan

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Facilitator notes and adaptation

The pack is educational and awaits independent clinical review. It does not provide a clinical care plan, legal capacity assessment, benefits determination, or emergency protocol.

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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>