

My friend's husband has a serious health problem and she's providing all his care. I'm worried about both of them – what can I do to help?



Share The Care™

What is Share The Care?

Share The Care (STC) is a model for starting a caregiving team to take over some of the tasks that a caregiver provides to someone with an illness, disability, or other health problem. The team is created by bringing together a circle of friends, family, neighbors and others in the community who want to help, but aren't sure how.



What kinds of help does the caregiving team provide?

From coping with emotional needs to providing transportation to appointments, from handling ongoing household chores to helping with personal needs, Share The Care ensures that both the person with the health need and their caregiver have the support they need and that no caregiver has to do this very difficult task alone.

To learn more, visit:

sharethecare.org | gwaar.org | adrc.racineco.com



Racine County became a Share The Care Station to provide caregivers in the community with a resource for making the caregiving journey easier.

Why do we need Share The Care in Racine?

In Racine County and throughout the state and country, more than 65 million people representing 29% of the US population are family caregivers. Often, for caregivers who don't have help, stress forces them to give up their caregiving role. Having a support team they can rely on to give them a break from the demands of caregiving can be a life-saver.

How does it work in Racine?

By contacting one of the Share The Care Station Managers, people interested in starting a caregiving team get coaching on how to plan and coordinate group meetings and care activities. And although Station Managers are not involved in running or managing the team, they can offer suggestions for local resources that provide services to support the team's caregiving efforts.

For more information, contact:

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