

New York State Long Term Care Meeting 2
Albany, New York
May 13, 2019



Share The Care™

***A GRASSROOTS EVIDENCE-INFORMED
GROUP CAREGIVING MODEL***

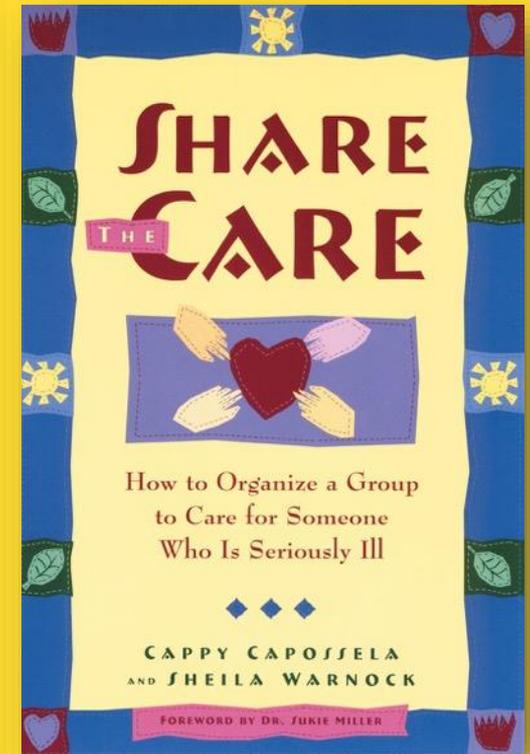
Presented by
Sheila Warnock, Founder & President,
ShareTheCaregiving Inc. aka Share The Care™
Co-author, *Share The Care*

Share The Care™

EVOLVED OUT OF REAL LIFE EXPERIENCES

1988-1991 “Susan’s Funny Family”

1995 First Edition

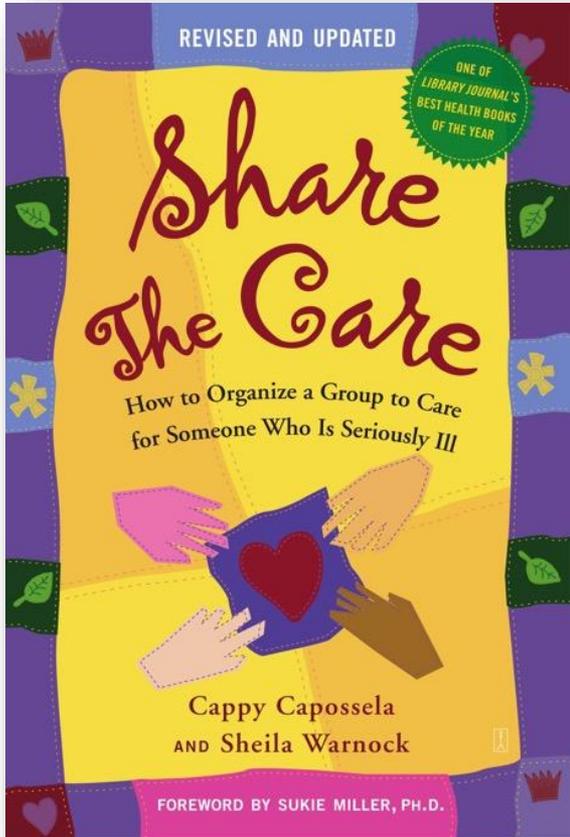


Share The Care™

ORGANIZATION ESTABLISHED 2004

2004 2nd Edition

www.sharethecare.org



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ShareTheCaregiving: a program of the National Center for Civic Innovation

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Share The Care™

Home How We Can Help You Why STC Who We Are What's New Take Action STC Journey Dashboard

NO ONE SHOULD HAVE TO GO IT ALONE

Bob's Brigade, WI

Our Mission is to improve the quality of life for anyone who needs support and to reduce the stress, depression, isolation and economic hardship of their caregivers.

REVISED AND UPDATED

Share The Care

How to Organize a Group to Care for Someone Who Is Seriously Ill

Cappy Capossela AND Sheila Warnock

FOREWORD BY SUKIE MILLER, PH.D.

HOW WE CAN HELP YOU:

- Caregivers & Friends**
Find information and support on how to form and maintain a STC group. [Read more]
- Health Professionals**
Get information and STC training so you can help your patients & families. [Read more]
- Faith Communities**
Start using STC as a way to support fellow members of your faith community. [Read more]
- Corporations**
Discover valuable resources and the STC model to support your caregiving employees. [Read more]

ABOUT SHARE THE CARE™ (STC):

- Why STC?
- Who We Are
- Who We Help
- Take Action

Share The Care™

EDUCATION IS OUR FOCUS

“Seeding Share The Care™ in Your Community”
Training for professionals and faith community leaders
Accredited by the Northeast Multi-State Division of
RN Continuing Education



**Keynote
Conference
Presentations
Workshops
Lunch n' Learn
Stations**

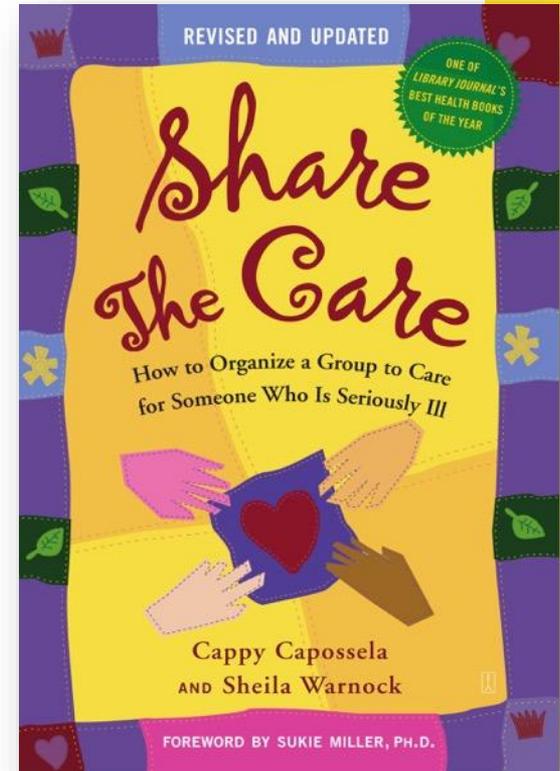


**A PLAN of ACTION based on
Collaboration & Teamwork to support
Patient/Caregiver/Family/Group Members**

**So they can provide:
EMOTIONAL, SOCIAL & PRACTICAL SUPPORT
(Customized by need)**

- **AT HOME**
- **FOR HOSPITAL STAYS**
 - **AT DISCHARGE**
- **DURING TRANSITIONS**
 - **END-OF-LIFE**

Share The Care™



Starts with two friends:

- chapters 2-9 written to them with step-by-step instructions to prepare and lead the first (**scripted**) meeting
- systems to rotate responsibilities
- 23 forms
- 7 Principles

Who work with the family to determine:

- who to invite
- what kind of help is or will be needed
- determine dates for meeting and invite people

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THE FIRST MEETING:

Group meets, bonds, learns about the systems, the jobs



and leave with a plan of action and a sense of commitment.

FULL LIFE CYCLE CAREGIVING

- difficult pregnancy, preemies, and multiple births
- parents caring for a seriously ill child/teen
- grandparents raising small children
- seriously or chronically ill, or disabled
- rehabilitation after surgery, an accident or combat
- older adults living alone in need of assistance
- end-of-life (**palliative care and hospice**)

SHARE THE CARE™ STUDY

“The Role of Unpaid Volunteers in a Group Caregiving Approach: Validation of the Share The Care Program” by Amy Hegener, PhD, Sheila Warnock & Alene Hokenstad was published in the *Journal of Gerontological Social Work* in 2016.

EVIDENCE SHOWS THAT SHARE THE CARE:

1. supports a care receiver's ability to stay at home with necessary informal systems in place;
2. increases the caregiving preparedness of group members, enabling them to be more effective teammates; and future caregivers;
3. is replicable and its functionality can be applied across a variety of settings and circumstances;
4. ensures longevity and a successful caregiving experience through its structured system of care;
5. helps reduce the burden of the caregiver;
6. has a positive impact on the well-being of the caregiver, care receiver, and group members.

Share The Care™



“It was the most rewarding experience of my life. It proved that I could contribute so much without feeling overwhelmed or overburdened. It taught me to trust others, to know the real meaning of "team work". Emotionally, being able to choose to help according to my strengths and to "pass the buck" where I felt I was weak was a Godsend!”

**STC Group Member
Narrative Comment from Survey**

**Share The Care™ is ideal for
broad scale replication through
trainings and stations**

The Program Model is:

**Low Cost
Adaptable
Sustainable**

Addresses Multiple Policy Objectives:

- **To decrease caregiver burden and social isolation**
- **To better prepare communities to meet the challenges of an aging society**
- **To improve end-of-life care**



For more information
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Visit: www.sharethecare.org