## **HOW TO BUILD YOUR CAREGIVING TEAM**

## **TEAM MEMBERS**

Self
Close Family Members
Close Friends
Extended Family and Friends
Neighbors
Faith Community

## **Community Resources**

Support Groups
Public Library
Community Center/Senior Center
Places of Worship
Dementia Community Groups
Adult Day Care

## **Professionals**

Legal

**Financial** 

**Medical** 

Counselor

**Police** 

**Paid Caregiver** 

**Your Computer** 

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