

AGING *Well*

PODCAST

Caregiving Roles: A Guide for Siblings

As your parents age, you and your siblings may need to take on caregiving responsibilities to ensure they are safe and their needs are met. To help manage the care of your parent, use this guide to establish roles and delegate responsibilities based on each sibling's strengths and availabilities.

Task Category	Specific Task	Primary Personal Responsible / Backup
Medical	Schedule doctor visits Attend appointments / take notes Track and understand chronic conditions Manage medications Explore in-home care options Coordinate insurance and billing	
Daily Living	Grocery shopping / meal prep Housekeeping / laundry Declutter / help downsize Lawncare and home maintenance support Personal care (bathing & grooming) Transportation / driving	
Social & Emotional	Regular check-ins / companionship Coordinate outings / activities Celebrate holidays / birthdays Watch for signs of loneliness / depression Offer mental health support Help manage technology	

Task Category	Specific Task	Primary Personal Responsible / Backup
Home & Safety	Home maintenance / safety checks Install safety features (grab bars) Emergency planning (contacts, kits) Ensure safe pathways for movement Contact for home emergency situations	
Legal & Financial	Power of attorney / legal docs Pay bills / manage finances Monitor fraud / scams Contact for lawyer & financial professionals Assist with insurance claims or renewals	
Long-Term Planning	Research assisted living / care homes Coordinate respite care Handle end-of-life wishes	



Do you want to hear tips about how to manage sibling relationships as your parents age?

Check out Loretto's Aging Well Podcast, and listen to the "Let's Not Play Family Feud" episode featuring Kara Gemmell, Director of Independent Living at The Nottingham, a Loretto independent living community. Her insight and perspective can help you have positive relationships with your siblings during an emotional time.

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