



Sibling Help Script

A plain-language script for asking relatives for specific, useful help.

OPEN WITH THE SHARED GOAL

- I want Mom to be safe and respected at home. I also need the care plan to be less fragile.
- I am not asking anyone to do everything. I am asking us to divide the work more clearly.

NAME THE REAL WORKLOAD

- Right now I am handling appointments, pharmacy pickup, meals, laundry, bills, phone calls, and the daily check-ins.
- Some of that work is visible, and some of it is the mental list that never turns off.

ASK FOR ONE TASK, NOT GENERAL HELP

- Can you take one clear responsibility for the next month: Tuesday dinners, pharmacy pickup, Sunday calls, paperwork, grocery delivery, or one appointment ride?
- If weekly is too much, could you take the first and third week?
- If rides are hard, could you handle calls, bills, groceries, or scheduling?

MAKE THE ASK ANSWERABLE

- Can we decide by Friday so I can plan next week?
- If the answer is no, please say no directly so I can look for another option.
- If you need a reminder, I can send one text the day before.

USE A RESET LINE IF THINGS GET TENSE

- I know this is emotional. I am trying to move from stress to a workable schedule.
- We may not agree on every detail, but we can still each own one useful task.

WRITE DOWN THE AGREEMENT

- Put the task, person, date, and backup plan in one shared text, calendar, or note.
- Review after two weeks. A care plan that no one can keep is not a real plan.

The goal is not a perfect family meeting. The goal is one clear next step.

SOURCES CONSULTED

[Family Caregiver Alliance: Holding a Family Meeting](#) [Family Caregiver Alliance: Caregiving with Your Siblings](#)

[Family Caregiver Alliance: Siblings and Caregiving](#)