



New Release: Family Dynamics Toolkit

Practical guidance for navigating caregiving together.

11 engaging learning activities, delivered through a mix of articles, videos, worksheets, planners, and interactive scenarios across five key areas:

01 Sharing the Load

- Why care responsibilities often fall unevenly on one member.
- Tools for mapping out who does what across the family.

02 Communication

- Deeper reasons behind family disagreements over care.
- A structure for preparing tough conversations and meetings.

03 Emotional Weight

- Validation for guilt, resentment, and unspoken emotions.
- Support for anticipatory grief when a recipient is changing.

04 Relationships

- Protecting a marriage or partnership under care pressure.
- Tips for staying connected to friends with limited time.

05 Safety & Limits

- How to recognize when family behavior crosses a line.
- Setting and holding healthy limits without guilt.

84%
of caregivers say
responsibilities aren't
shared fairly among
family.



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Explore tools for communication, shared responsibilities, relationships, safety, and emotional wellbeing.

