CHILDING · PHASE 4 CAREGIVING

Family Care Agreement

A parent can be carried in two honest ways: with **hands** (the day-to-day care) and with **means** (financial support). Both are ways of honoring a parent. Fill this out together, keep it where everyone can see it, and review it when needs change.

Parent's name _____ Date of this agreement _____

Who provides hands

The sibling or relatives who do the day-to-day caregiving: meals, rides, appointments, bathing, household help, being in the room.

Name	What they will do	Where / how often

Who provides means

The sibling or relatives who cannot do the daily hands-on care, and will help by covering costs. The amount should reflect the real cost of care, including income or career time the caregiving sibling may be giving up, not only what feels comfortable.

Name	Monthly amount	What it covers (aide, supplies, travel, support to the caregiver, etc.)

Presence, visits and respite

Money does not replace presence. The sibling who provides means still commits to regular calls, occasional visits, and real respite days so the primary caregiver can rest.

Name	Calls (day / how often)	Visits (how often)	Respite days (how often)

We will review this agreement on _____

Signatures

Name, role (hands / means), date _____ Name, role (hands / means), date _____

Name, role (hands / means), date _____ Name, role (hands / means), date _____

This is a family organizing tool, not a contract and not legal or financial advice. It does not create a caregiver contract on its own. Laws differ by state and country, including filial-responsibility laws in some places. If you want a formal caregiver agreement, or if legal duties may apply, consult a licensed elder law attorney.