

**Sheila Warnock, Co-author, *Share The Care*
Founder & CEO, ShareTheCaregiving, Inc.**

Sheila never planned to be a pioneer in reinventing caregiving for the 21st century. Yet after a series of personal caregiving experiences (solitary and group) she made the decision in 2003 to abandon her advertising career as a Consultant/Associate Creative Director to establish a non-profit organization currently operating under the fiscal umbrella of The National Center for Civic Innovation (501c3).

In 1984, Sheila became the sole, long distance caregiver for her elderly widowed mother and an emotional crutch for her best friend, Susan, who was diagnosed with a rare terminal cancer. By undertaking this dual role, at a time when there were no resources for caregivers, she truly experienced the tremendous burden caregivers have to endure.

By 1988, she needed to resort to a nursing home for her mom as she required 24/7 care and Sheila joined together with a group of 11 other women (mostly strangers to each other) who came together and stayed together for the next three and a half years to care for their mutual friend, Susan. The contrast of caring for someone without support to the experience of sharing responsibilities with a group proved to Sheila that this new collaborative approach to caregiving was something of immeasurable value and needed to be shared with caregivers everywhere.

As a result, she and her co-author, Cappy Capossela, documented the systems used by the group in their book, *Share The Care, How To Organize A Group To Care For Someone Who Is Seriously Ill*, Simon & Schuster Fireside Books, 1995. Their unique system guides friends, neighbors, acquaintances and co-workers, with the roadmap for creating and maintaining a “caregiving family” to support someone they know facing a health, aging, medical issue or any circumstance where support is needed and especially for people who live alone without family to help them.

Sheila and Cappy introduced the model, to health professionals at Sloan Kettering, cancer patients at M.D. Anderson Center in Houston as well as to students of social services at New York University. They appeared on the TV Health Network and gave interviews for *The Washington Post*, *Good Housekeeping*, *Modern Maturity* and *Parade Magazine*.

In January of 2002, Sheila, tragically, had to form yet another caregiver group, this time for Cappy who was diagnosed with a brain tumor and died 10 months later. The result of this third personal experience led Sheila to establish the non-profit, build a comprehensive award-winning website: <https://www.sharethecare.org> and revise and update *Share The Care* adding 50 pages of new information and ideas pioneered by Cappy’s group and others around the country. The second edition was cited by *The Library Journal* as “One of the Best Consumer Healthcare Books of 2004” and generated articles/mentions in: *The Wall Street Journal*, *The New York Times*, *AARP Magazine* and *The Chicago Tribune*. (The book rights are owned by ShareTheCaregiving)

Then Sheila put her total focus on teaching caregivers and found that they were too exhausted to attend anything. Determined to find a way around this challenge, she developed an accredited full-day training for health professionals and clergy (“Seeding Share The Care In Your Community” Program) so that they could introduce *Share The Care* to their patients and families in need of support. As a result, she has personally trained nearly 1,700 health professionals in 11 states and SW Ontario. Through her lectures, keynotes and workshops Sheila has personally reached thousands of professionals and caregivers in 16 states and Canada. By encouraging use of the model by other programs, Sheila has helped millions who could not possibly be reached and supported by just one organization.

Over the last 28 years, *Share The Care* has guided the establishment of groups in all 50 states and 21 countries. The Share The Care model is now evidence-informed based on a research study featured in *The Journal of Gerontological Social Work* in 2016. Sheila’s work has garnered numerous awards including: L’Oréal Paris “Women of Worth” Honoree; a DAILY POINT OF LIGHT Honoree; a “Maggie Kuhn Award” and Good Housekeeping’s One of 50 over 50 Women who are changing the world and more. In 2018, she was honored as an AARP Purpose Prize Fellow.