

**SHARE THE CARE™ MODEL**  
**EXAMPLES OF SPECIALIST CAPTAINS FOR OLDER ADULTS**

Because an older adult is less likely to tolerate large numbers of people into their home it might be a good idea for group members to each take on a specific job they like and feel comfortable doing. So, besides their general weekly help with meals or chores each would also serve as a permanent SPECIALIST CAPTAIN.

**PET CAPTAIN** – Walk the dog, feed the cat, grooming, and veterinarian visits. Feed the bird, clean the cage, and buy pet food. Consider pets part of the family.

**MEDICARE/MEDICAID/SOCIAL SECURITY/ DISABILITY CAPTAIN** – find sources for the latest information to keep the person/family up-to-date on changes and paperwork.

**GROOMING CAPTAIN** (haircuts, manicure, foot massage, help with bath) If no Aide is available then this role needs to be filled by someone the patient knows well and likes. They need to get training from a professional if care recipient is in anyway disabled.

**HEARING AIDE/VISON/SPECIAL EQUIP AIDES CAPTAIN** (research)  
Accompany person for their hearing test or find them suitable reading glasses or aides for viewing TV, larger print publications etc. This Captain can do all the research, make recommendations, purchase and deliver equipment and help to install it (or find a handyman.) Bathroom handlebars, elevated toilet seat. More on this subject in book.

**PLANTS/MUSIC CAPTAIN** If the patient loves to grow plants and flowers, or enjoys playing, discussing or listening to music – find a Captain can share in the process. Other ideas: walks or rides in a wheelchair through the park. Stop and smell the roses.

**HOUSE SAFETY CHECK CAPTAINS** – see safety check charts  
A team comes in to survey safety needs, preferably with a family member so that the elderly person doesn't feel invaded, and makes any needed adjustments.

**MEDICATIONS REMINDER CAPTAIN** – Someone calls everyday at specific times to remind the person to take his or her meds and then have a little chat.

**TRANSLATOR CAPTAIN** (if patient is unable to speak English)

**ENTERTAINMENT CAPTAIN** – Often a neglected job...someone who has a shared interest with the older adult or who could help them with a hobby. Or take them out for breakfast, a concert, visit the mall or visit another elderly homebound friend.

**FAITH-COMMUNITY CAPTAIN** – Takes person to and from services weekly.