Finding the People Who Care

When making your list of people to invite to your Care Connection group, consider all aspects of the people intertwined with the caregiver, the person with ALS, and any children in the family. The more diverse the group, the more the group will be able to help. You may be surprised at who wants to help and what talents they have.

Try not to rule anyone out—there are responsibilities that children, teenagers and senior citizens can manage, and long distance friends and family can also help with activities such as fundraising, phone calls, updating a website and research. Some people may be available occasionally or on an “as needed” basis, and they are great for one-time projects such as raking leaves or spring cleaning.

Here is a list to get you started. Brainstorm potential members as you go and start with your list on the back of this sheet.

- Family, extended family, neighbors
- Colleagues, past and present
- Church, synagogue, other
- Gym, yoga, golf or other activity
- Your school, your child’s school or support group, support groups
- Community activities, groups you volunteer with or for
- Hobby groups
- Professional Associations
- Elks Club, Friars Club, Toastmasters, etc.
- Girl Scouts, Boy Scouts
- Clubs: book club, cooking club, etc.
- Choir group
- Student physicians and nurses
- Housekeeper, maid
- Babysitter