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## Tips for Dealing with Family Conflict

The stresses associated with caregiving affect everyone differently and in different ways, and sometimes those “stress fractures” can cause the entire team to crumble. Consider these tips to help keep your caregiving team united:



### Remember That You Are One in a Million

And so are each of your family members. You have a unique relationship with your loved one... and each of your family members does too. Knowing that these individual relationships create different perspectives which result in different interpretations of the situation can help keep rising tensions at bay.



### Prepare to Go Around the Same Mulberry Bush

In stressful situations, familiar roles and arguments can resurface. Try to have a fresh perspective and to facilitate everyone having an equal voice.



### Focus on Your Common Ground

While it may seem that you can't agree on anything, there is one thing that everyone on your care team has in common: you all care about your loved one. If you find that old grievances and baggage keep sabotaging the task at hand, ask yourself if this decision is really what is in your loved one's best interest.



### Communicate, Communicate, Communicate

Keeping in touch, keeping everyone up to date and making sure everyone's voice is heard has never been more important. Family meetings can be a great tool, but if your care team members are far flung, try using Skype or Google Hangout to virtually gather together.



### Share the Care

Caregiving can't rest on a single person's shoulders. That wouldn't be fair to that person or to your loved one. Try dividing and conquering by assigning tasks that play to each member's strengths.

