FAIR SHARE CARE · FREE FAMILY PLAN

The First Sibling Care Meeting

A calm, 30-minute agenda for brothers and sisters sharing a parent's care. Works at the kitchen table, on a video call, or before dessert at a holiday visit.

Before you meet (organizer, 10 minutes)

- Pick a time when nobody is rushed or in a crisis. Send script 1 (page 2).
- Fill in the task table (page 3) with your best guesses, or use the free Fair Share Care calculator and share the link (script 2).
- If your parent can and wants to take part, ask what matters most to them first.

2 min	**Open with the shared goal** “We all want Mom looked after well, and none of us burned out. This isn't about keeping score.”
5 min	**What does Mom need in a typical week?** Walk down the 15 care areas on page 3. Agree on rough hours. Rough is fine.
5 min	**Who does what today?** Each person says what they do now. The others just listen and say thanks. Fill in the “Now” column.
5 min	**What can each of us give?** Hours, distance and money are all different, and that's okay. Far-away siblings pick from the remote jobs (marked ✓ on page 3).
5 min	**Money** List the monthly costs. Choose a split: equal, by income, or with hands-on hours credited at an hourly rate you all agree on. Pick a settle-up day each month.
5 min	**Agree and write it down** Fill in the “Owner” and “Backup” columns. Mark anything that still has no owner. Decide who sends the summary (script 9).
3 min	**Set the next check-in and close** Put a date on the calendar (2–4 weeks out). Thank each person for something specific.

Ground rules

- Talk about tasks, not about who's a good son or daughter.
- One person talks at a time. No phones, except to look at the plan.
- Everyone's starting point is different. Nobody has to defend their past.
- It's fine to pause and pick up again next week.

If it gets heated

- Name it gently: “I think we're all tired. Can we take five?”
- Go back to the shared goal in step 1.
- Park the hard topic and give it its own call (script 6).
- Consider a neutral helper, such as a family mediator or care manager.

You're not alone. Only 10% of people say siblings share a parent's care equally (Northwestern Mutual, 2019 C.A.R.E. Study). In a June 2026 survey of 1,008 adults, 36% named money as the #1 sibling conflict over a parent's care (Bay Alarm Medical, “Who Cares? The sibling fight over aging parents”; run by a medical-alert company, so treat it as directional).

Fair Share Care is an organizing tool only. It is not medical, legal or financial advice. For care agreements, paying a family caregiver or Medicaid questions, talk to an elder-law attorney.

10 text scripts you can copy and paste

Change the words so they sound like you. Send hard messages one-to-one, not in the group chat.

1 · Invite everyone to the meeting

"Hi all, I'd love 30 minutes together to talk about how we're sharing Mom's care. Nobody's in trouble. I just want a plan we all feel good about. Does Sunday at 7 or Tuesday at 8 work?"

2 · Share the plan before you meet

"I wrote down what Mom needs each week and who's doing what, as best I know. It's a rough draft, so please fix anything I got wrong: [link]"

3 · Ask a far-away sibling for a remote job

"I know being far away makes it hard to help in person. Would you be up for taking over the bills and insurance calls? That would free up about 3 hours of my week."

4 · Bring up money without blame

"Mom's costs are running about $[amount] a month and I've been covering most of it. Can we pick a way to split it that feels fair to everyone? I'm open to equal, by income or another idea."

5 · When someone says they're too busy

"I get it. Everyone's stretched. Is there one small thing you could own, even 1 hour a week or one call a month? Even small things add up."

6 · Move a heated group chat to a call

"I don't think text is helping us here, and I care about getting this right. Can we hop on a 20-minute call this week instead?"

7 · Set a limit as the organizer

"I want to keep helping Mom for the long run, and to do that I need to drop to [X] hours a week. Can we work out who picks up [task] starting next month?"

8 · Thank someone specifically

"Thank you for taking Mom to her appointment on Thursday. It meant I could actually rest that day."

9 · The weekly update (template)

"Mom update, week of [date]: ✓ Done: [ ]. Coming up: [ ]. Still needs an owner: [ ]. Money: $[ ] spent, settle-up on the [day]. Next check-in: [date]."

10 · Ask for a week off

"I'd like to take a week off from Mom's care in [month]. Could one of you cover [tasks] that week, or help me book extra help? I'm happy to write out what's needed."

A few tips that keep things calm

- Start with what you appreciate, then ask for one specific thing.
- Ask for a task with a clear owner and a time ("Can you own the pharmacy run on Fridays?"), not general "help".
- If a sibling says no, ask what they *can* do instead.

Fair Share Care is an organizing tool only. It is not medical, legal or financial advice. For care agreements, paying a family caregiver or Medicaid questions, talk to an elder-law attorney.

Our task-split table

Fill this in together. Hours per week = how often × how long each time. ✓ = can be done from far away. No health details needed.

Care area	How often	Hours / week	Now	Owner	Backup
Rides to appointments					
Groceries and errands					
Pharmacy pickups					
Meals (cooking or dropping off)					
Housework and laundry					
Home upkeep, yard and repairs					
Bills and paperwork ✓					
Insurance and benefits calls ✓					
Booking and tracking appointments ✓					
In-person visits and company					
Phone or video check-ins ✓					
Overnights and staying over					
Hands-on help at home (dressing, bathing)					
Phone, TV and tech help ✓					
Keeping the family updated and organized ✓					
Other:					
Total hours a week					

Sibling	Hours / week they can give	$ / month they can put in

Money and next steps

Monthly care costs: $_____

Split: ☐ Equal ☐ By income ☐ Hands-on credit at $____/hr

Settle-up day each month: _____

Who sends the weekly update: _____

Next check-in date: _____

Tip: the free Fair Share Care calculator does this math for you, suggests a split based on everyone's time and distance, and makes a link you can send your siblings.

Fair Share Care is an organizing tool only. It is not medical, legal or financial advice. For care agreements, paying a family caregiver or Medicaid questions, talk to an elder-law attorney. Sources: Northwestern Mutual 2019 C.A.R.E. Study (news.northwesternmutual.com/2019-care-study); Bay Alarm Medical sibling survey, June 2026 (bayalarmmedical.com/caregiver-support/the-sibling-scorecard/).