

---

# AGING TODAY

---

Vol. XXVI, No. 6

PAGE 14

November–December 2005

ISSN: 1043-1284

[www.agingtoday.org](http://www.agingtoday.org)

---

## SHARING CARE

**Share the Care:** *How to Organize a Group to Care for Someone Who Is Seriously Ill* by Sheila Warnock and the late Cappy Capossela (New York City: Fireside/Simon and Schuster, 2004; paperback, 348 pages) is revised and updated from the original 1995 edition. More than a book, *Share the Care* is a model for organizing a small group of friends and family into a potent caregiving force that can divide tasks and time into manageable increments for each participant.

The handbook has 31 chapters organized into five parts covering what a caregiver is and who needs one, how to start and run a group, job sharing, keeping a group going, larger concerns of meaning, and healing. The website, [www.sharethecaregiving.org](http://www.sharethecaregiving.org), includes recent letters and stories by readers, as well as resource links and other material. ❖