



HOW TO BE A LIFE QUARTERBACK



Some families in need have benefitted from a close friend or family member who serves as a “life quarterback.” This dynamic role simply makes life easier for parents of children with life-limiting illnesses.

Life quarterbacks should only take this role by invitation. In other words, ask the parents what they need, clearly define what you are able to handle then take those tasks off their plate. This can be particularly helpful in times of crisis such as hospitalizations.

Example tasks include:

- Streamlining communication through one source (e.g. managing a call tree to share updates with loved ones).
- Consistently checking in
- Checking in with extended family
- Managing meals or delivering groceries for the family on a regular basis
- Handling pet care
- Caring for siblings
- Rides

The most important step to being a great life quarterback is talking with your friend or loved ones and listening to their exact needs. Whether it’s something small or big, making their lives a little easier is incredibly meaningful, so start by having that conversation.