







Life Domain Vision Tool | Caregiver Well-Being





Name of Person Completing: _____ Date: _____

On Behalf of: _____

Life Domain	Key Questions to Consider	Vision and Needs of the Caregiver	Vision and Needs of the Person Receiving Care	Notes and Next Steps
 <p>Daily Life & Employment</p>	<ul style="list-style-type: none"> • How do you want to spend your days? • What do you want for your job/ career and how do you need to be supported to communicate with your employer? • Do you have the funds you need for regular expenses? 			
 <p>Community Living</p>	<ul style="list-style-type: none"> • Where do you want to live and what do you need in your home to make that possible? • Where do you want to go/be involved in your community? • How can/will you get to where you want/need to go? 			
 <p>Social & Spirituality</p>	<ul style="list-style-type: none"> • What relationships and social connections are important? • Do you have enough people you feel close to? • Are there faith-based/spiritual communities you are (or want to be) a part of and/or who provide support? 			
 <p>Advocacy & Engagement</p>	<ul style="list-style-type: none"> • How do you have control over your own life? • How do you best make decisions? • Where do you get trusted information and/or other supports to make decisions? • Are you interested in advocating for policy and legislative changes? 			



Life Domain Vision Tool | Caregiver Well-Being

Life Domain	Key Questions to Consider	Vision and Needs of the Caregiver	Vision and Needs of the Person Receiving Care	Notes and Next Steps
 <p>Healthy Living</p>	<ul style="list-style-type: none"> • How do you maintain your physical health (fitness, nutrition, preventative care, etc.)? • How do you maintain your emotional health (managing stress, addressing sadness or anxiousness)? 			
 <p>Safety & Security</p>	<ul style="list-style-type: none"> • How do you stay safe from financial, emotional, physical or sexual harm? • What have you considered/ discussed related to decision-making supports? • Do you have legal documentation of final wishes, distribution of assets, etc.? 			
 <p>Supports for Family</p>	<ul style="list-style-type: none"> • How do you define family/who is your family? • How do you/will you maintain family connections and relationships? • What are important traditions and family routines you want to maintain? 			
 <p>Supports and Services</p>	<ul style="list-style-type: none"> • From whom/where do you receive support (or want to)? • Do you have a back-up and/or emergency preparedness plan? • What do you want to know more about or need to understand? 			