



Integrated Supports Star Tip Sheet | Caregiver Well-Being

This tips sheet provides an overview of how and why to use the Integrated Supports Star - Caregiver Well-Being

Overview of the Integrated Supports Star

We all need supports to do the things we need and want to do, and to move toward our envisioned good life. Maximizing a variety of resources to help with day-to-day needs and responsibilities, solve problems, or take steps to achieve short-term and long-term goals can ensure that we continue to move toward our vision and avoid the experiences that diminish our well-being.

The Integrated Supports Star encourages accessing five main areas of supports:



- **Personal Strengths & Assets:**
The assets and strengths of the individual and family
- **Relationships:**
Relationships with family, friends, and others
- **Technology:**
Day-to-day and adaptive technology
- **Community Based:**
Community places and services that are available to anyone
- **Eligibility Specific:**
Public or privately funded supports (or resources) based on eligibility

Who Should Use it and Why?

The Integrated Support Star is a visual way to explore and identify the resources you have or want/need to develop. It can be used by anyone to map existing resources, identify potential gaps, brainstorm who or what can help with a specific need or problem, and/or to plan for next steps. The star can help to identify places where you may have supports you can access you had not thought of before, and/or to point out places where you may want or need to develop additional supports.

This specific star is designed to:



help you with mapping the resources you have to support you in all of your myriad roles (including, but not limited to, supporting and caring for others),



brainstorm potential resources that can be leveraged to ensure the person you are supporting has the support they need so that you are able to focus on your personal well-being



be used as a guide for beginning conversations, making day-to-day decisions or planning for the future.



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Steps to Completing Your Star

Decide the Purpose:

The Integrated Supports Star can be used to explore many different situations (A). Decide if you are mapping resources or using it to work on a specific goal or situation and then use the center part of the Star to write that purpose.

- If you are problem-solving, put the specific problem or goal.
- If you are mapping current or future supports, write your name or the date.
- If you are using it to for a specific need, you can write that in the middle.

Look back at the middle column of your trajectory for ideas of what you may want to put in the center of your star – are the next steps you identified that you want to brainstorm and problem-solve around? Or, would you prefer a more general reflection of all of the supports you and your loved one have that can help you in moving toward your vision?

Explore Each Part of the Star:

Think about the supports you have or might need related to the purpose you decided upon. The Star sections are divided so you can list the supports and resources for you, as well as the supports and resources for your loved one. Use the Star and the questions/prompts with the sample stars to guide you through each of the 5 sections of the star (B).

- You might not think of everything on your first try. It can be helpful to put it down and come back later to add more supports or resources as you think of them.
- Don't worry about putting a resource in the "right" section. The goal is to list as many resources as possible, and wherever you choose to classify a resource is where it should be listed.

On-going Use of the Star:

The Star is designed to be used over and over again - whether you choose to keep it to yourself or share it with others. It should be added to and updated as your supports ebb, flow, and change to reflect the resources currently available to you and your loved one (C).

A

There is no wrong way to get started or wrong place to put your thoughts. It is designed to expand ideas and to explore how to leverage and connect the different types of support.

B

Don't be discouraged if you don't have as many resources in one area of the star as others. There is no "right" constellation of supports, and what works for you and your loved one is what is important.

C

The star can help you as you think about supports you and your loved one have and/or need to ensure you both are able to live your good life.



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Prompts to consider to aid in filling out the Integrated Supports Star:

Use these helpful prompts to tap the resources you have to support you in all of your myriad roles and brainstorm potential resources that can be leveraged so that you are able to focus on your personal well-being.

Personal Strengths & Assets

Me:

What are your personal abilities, knowledge, or life experiences that can help you maintain your well-being? What are you good at and what do you have that can help you?

My Loved One:

What are the strengths, abilities and experiences of your family member that can be maximized in their support and care? What other personal assets do they have that could be accessed?

Technology

Me:

What technology or devices do you or can you use to help you achieve your vision?

My Loved One:

What technology can be leveraged to support your family member so that you are able to focus on your well-being?

Community Based

Me:

What places, groups, or local resources could you access to support you as you move toward your vision?

My Loved One:

What resources within the community - businesses, parks, schools, faith-based communities, health care facilities, membership organizations or public resources (that everyone uses) - can be accessed to provide support for your loved one?

Eligibility Specific

Me:

Are there any services or supports for which you are eligible or can qualify? This may be needs or situation based.

My Loved One:

What needs based or government services is your family member accessing - or could access - to support them while you focus on your personal well-being?

Relationships

Me:

What family or friends will be important supports for you in maintaining your well-being? Are there acquaintances that you can connect with to help with aspects of your vision?

My Loved One:

Who loves, cares about, and spends time with your loved one and can provide additional support? Who do they come in frequent contact with who may be able to provide support?