



Life Domain Vision Tool Tip Sheet | Caregiver Well-Being

This tips sheet provides an overview of how and why to use the Life Domain Vision Tool - Caregiver Well-Being

Overview of the Life Domains

People lead whole lives made up of specific, connected, and integrated life domains that are important to a good quality of life. Life domains are the different aspects and experiences of life that we all consider as we age and grow. Life Domains are useful as you plan for present and future life outcomes for you and your loved one. Using the Life Domains allows us to consider all facets of life, as we think about what is important to and for us individually and together, now and in the future (A).

Who should use the Vision Tool and why?

The Life Domain Vision Tool is designed to help you and your loved one refine and define specific aspects of an overall vision for a good life for each of you, and then to brainstorm how to best move forward.

Balancing what is important to and important for all family members can be challenging, and this can be made even more difficult in situations where a loved one needs additional care and support. At times, caregivers may feel that considerations for their loved one take precedence over their own wants and needs. Or, families have difficulty in discussing and deciding on what is positive and possible for each member of the family to experience satisfaction in the different areas of life.

This tool can:

- be a discussion tool, whereby you, your loved one, and other important people in your life (if you choose) are included and everyone's input is considered.
- prompt reflection and/or to write down thoughts and ideas, which may bring clarity and understanding, guide decision-making, and organize next steps.
- identify specific questions, prioritize needs, or raise ideas about potential resources, which can help you in communicating (and advocating) with others – including both formal and informal supporters.

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It is important for everyone to think about their personal vision for the present and the future. Having a vision – or knowing where you want to go - will ensure decisions and plans are aligned with taking you toward the life you want.



Daily Life & Employment



Community Living



Social & Spirituality



Advocacy & Engagement



Healthy Living



Safety & Security



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How is the Tool Organized and How to Complete the Tool?

On the Life Domain Vision tool and using the chart on the next page, read the suggested questions to consider for each domain. You might chose to consider one domain at a time (work across a “row”) with the steps below, or you many prefer to think about your vision, to talk with your loved one about their vision, and then to work together to determine the notes and next steps (working down one “column” at a time).

There is no “right” or “wrong” way to complete the tool, but no matter how you choose to approach it, make sure you:

- Think about how the topics and questions for each domain apply to YOUR life – what do you want or need in each area of life?
- Ask the person you care for to think about how the topics and questions for each domain apply to THEIR life – what do they want or need in each area of life?
- Talk together (and with others, if you desire) what you notice in each of your visions, and what that may mean for moving forward:
 - What is the same?
 - What is different?
 - Are there any domains that feel like more of a priority than others?
 - What would be shared vision for each domain – what would it look like if you both had what you wanted and needed?
 - What does or could this mean for steps you need to take now to make sure both you and your loved one are moving toward your vision?
 - How can you best prepare for the future – or, what steps do you need to consider to move closer to your individual and/or shared vision(s)?
- The Vision Tool 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 “life happens,” to continue to help with exploration, planning, problem-solving and decision-making.

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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
Daily Life & Employment	<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? 			
Community Living	<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 you get to where you want/need to go? 			
Social & Spirituality	<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? 			
Advocacy & Engagement	<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 change? 			

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Life Domain	Key Questions to Consider	Vision and Needs of the Caregiver	Vision and Needs of the Person Receiving Care	Notes and Next Steps
Healthy Living	<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)? 			
Safety & Security	<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.? 			
Supports for Family	<ul style="list-style-type: none"> How do you define family/who is your family? How do you wish you maintain family connections and relationships? What are important traditions and family routines you want to maintain? 			
Supports and Services	<ul style="list-style-type: none"> From whom/where do you receive support (or need it)? Do you have a back-up and/or emergency preparedness plan? What do you want to know more about or need to understand? 			



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Life Domain	Some Optional Questions to Consider
 <p data-bbox="155 611 324 674">Daily Life & Employment</p>	<ul data-bbox="431 411 1528 663" style="list-style-type: none">• What lifelong learning or other educational opportunities are important or desired?• What do you want for your job or career?• How can you be supported to communicate/advocate with your employer?• How can you best manage finances and paying bills?• Do you have the funds you need for regular expenses (food, housing, medical care, gas/electricity, etc.)?• How do you want to spend your days? What routines are important?
 <p data-bbox="160 1003 316 1066">Community Living</p>	<ul data-bbox="431 821 1414 1041" style="list-style-type: none">• Where do you want to live?• What do you want/need in your home/living environment (including adaptations, modifications, and enabling technology)?• How can/will you get to where you want/need to go? Do you need vehicle modifications?• What transportation options are available?• Where do you want to go/be involved in your community?
 <p data-bbox="164 1396 311 1459">Social & Spirituality</p>	<ul data-bbox="431 1150 1422 1493" style="list-style-type: none">• What relationships and social connections are important?• Do you have enough people you feel close to?• How will you develop and/or maintain relationships?• What do you (or do you want to) do for fun?• What hobbies/interests do you have?• Are there faith-based/spiritual practices or communities in which you do (or want to) participate?• Are there ways in which you do (or can) receive support from your faith community?• Does/how will faith or spirituality impact decisions you (or others) make in emergencies or about end of life?
 <p data-bbox="155 1789 321 1852">Advocacy & Engagement</p>	<ul data-bbox="431 1577 1430 1860" style="list-style-type: none">• In what ways can you ensure control over your own life?• How do you best make decisions? What supports do you want/need?• Where do you get trusted information to make informed decisions?• What works best for you when partnering with professionals for your own well-being?• What are your philanthropic priorities (ie: giving, volunteering, etc.), if any?• What causes or social issues do you care about?• Are you interested in/how do you envision advocating for policy and/or legislation changes based on your experiences or passions?



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 <p>Healthy Living</p>	<ul style="list-style-type: none"> • How do you maintain your physical health (ie: fitness, nutrition, etc.)? • How do you maintain your emotional health (such as: manage your stress and/or feelings of sadness, anger, or anxiousness)? • What are the benefits/coverage of your insurance? Do you need support to understand how to access and manage these benefits (ie: understanding benefits, copays, deductibles, etc.)? • How do you manage your preventative healthcare (including primary care, oral, vision, and hearing)? • Are there mental, physical, and/or emotional healthcare supports you want or need? • What long term care needs do you experience now and/or anticipate in the future? • Have you established medical directives (palliative care, hospice, etc.)?
 <p>Safety & Security</p>	<ul style="list-style-type: none"> • How do you stay safe from financial, emotional, physical, or sexual harm? • What do you do if you feel unsafe or need help with conflict resolution? • Is there someone you can rely on when you need help/have problems? • How do you protect your personal information and security? • What are your legal rights? • What have you considered/discussed related to decision making supports (ie: supported decision-making agreement, power of attorney, guardianship, etc.)? • Do you have legal documentation of final wishes, distribution of assets, etc.? • What are your long-term financial plans? What support do you want/need to make long-term financial plans?
 <p>Support for Family</p>	<ul style="list-style-type: none"> • How do you define family/who is your family? • How will you maintain family connections and relationships? • What are important traditions or family routines that you want to maintain? • What role(s) do you have in your family? • What role(s) does your family have/do you want them to have in your life? • Are there supports family members will need to play that role in your life?
 <p>Supports and Services</p>	<ul style="list-style-type: none"> • From whom/where do you receive support (or want to)? (Think about all of the areas of the integrated support star, including your personal strengths, family and friends, technology, community-based resources, and eligibility specific supports) • How are or can you maximize technologies to enable you to live your good life? • What do you want to know more about? (What would be helpful for you to know and understand?) • Do you have a back-up and/or emergency preparedness plan?