



Mapping Supports for the Care Recipient Tip Sheet | Caregiver Well-Being

This tips sheet provides an overview of how and why to use the Mapping Supports - Caregiver Well-Being for the person receiving care.

Overview of the Trajectory

Each one of us has needs, and we all have preferences in how we receive support to meet those needs. It is important to consider the individual and unique ways in which those we support want to be cared about and cared for, as well as to identify ways in which those needs can be met that make sense for the person and for people caring for them (A). Identifying resources to maximize the quality of life of the person you are caring for not only helps to ensure the person maintains choice and control in how/from whom their care is provided, but also helps to create a balance for you as a caregiver – making sure you are able to care for yourself while continuing to provide support for your loved one.

Who should use this tool and why?

The Mapping Supports tool is designed to be used collaboratively by a person and their caregiver to determine various ways of ensuring the care recipient's needs are met – both now and in the future (B).

This includes:

- discussing and determining the specific aspects of care that are needed,
- who (or what) else can provide that support, and
- what would be needed to ensure that supporters other than the primary caregiver are equipped with the knowledge and skills they need to do so.

The Mapping Supports tool can also be used to develop a plan for supporting a person as their needs change or the caregiver's needs change (C). If the current ways in which a person is receiving care is working, this tool can be used to think about if/how those needs might change in the future – and what needs to be done to best prepare.

A

Remember that your experiences and preferences are unique to you and your loved one. Care can come from a variety of places - including the person themselves – and various amounts or intensities of support may be needed in different areas.

B

Remember to consider the role and contribution of the person you are supporting in caring about and for themselves and others. What role do they – or could they – have in their own care (and in reciprocating care about and for you and others), even if it looks different than it has in the past?

C

When possible, it is best to use this tool as a conversation starter and guide and to complete (or discuss) the tool with the person receiving care. This will help to facilitate choice and control for that person, while also allowing you to dialogue about what works (or doesn't work) for you as a caregiver.



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How is the Tool Organized and How to Complete the Tool

The tool has roles organized into two major sections: Caring About and Caring For. The Caring About section explores ideas related to social and emotional needs, while the Caring For section highlights physical and material aspects of life. Some people and resources may be listed in both sections, while others only in one.

You may choose to begin by thinking about the specific needs of your loved one (D):

- Consider what feels most important or critical to you and your loved one, including both what you (as the primary caregiver) may already be supporting and what needs can be supported by someone other than you (now or in the future). List these in the appropriate rows in the first column.
- Then, identify people or resources that can meet those needs or serve in a supporting role, and list those in the corresponding row in the second column.
- Brainstorm, in the last column, what it would take for you and your loved one to feel comfortable for these supports to be provided in another way, and brainstorm strategies to move in that direction. (This may include developing relationships or resources if none exist at this time).

Or, you may prefer to begin by thinking about the supports (people and other types) who are (or can) provide care (E).

- Plug the names or types of support in the second column of the appropriate row.
- Then add specific needs they can meet (this can be as detailed as you wish), both now and in the future, in the first column.
- Finally, brainstorm in the last column what it would take to ensure the supports you identified are equipped to provide the care.

Things to Keep in Mind:

Be sensitive that talking about the future may feel difficult. And, this tool may highlight hard relationships, roles that have changed, or areas where someone doesn't feel like they have anyone to list.

- Use the conversation as an opportunity to identify people that might not immediately come to mind or with whom they could deepen their relationship.
- Be sure to consider alternative and integrated forms of support (F).
- Take the time you and your loved one needs – including taking breaks, revisiting the tool or discussion later, or using other strategies that help you to cope with difficult or emotional conversations.

D

There is no right or wrong way to fill out the Mapping Supports tool – you can think about the questions in any order, and at whatever depth is most comfortable to you and the person you are supporting.

E

The goal of this tool is to ensure that your name, as the primary caregiver, is not in every box. Use this as an opportunity to brainstorm how you can develop those supports by leveraging an integrated array of resources and to document any fears or concerns you have about others providing that care (and how your concerns can be addressed).

F

Think about resources like the strengths and assets of the person, family, friends and acquaintances, technology resources, and the supports and services from the community or an eligibility specific funder



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How is the Tool Organized and How Complete the Tool (*Continued*)

Option 1:

- 1** Read the description for that particular area/aspect of caring about or caring for the person.
- 2** Think about the specific needs of the person related to that aspect of their care, including the things that feel most critical or concerning.
- 3** Identify people or resources that can meet those needs or serve in that supporting role in the future. Think about all of the aspects of integrated supports, including the strengths and assets of the person, family, friends and acquaintances, technology resources, and the supports and services from the community or an eligibility specific funder.
- 4** Brainstorm what it would take for the supports you identified to be effective. How would you ensure the person or resource is equipped to provide the care in a way that aligns with the person's preferences and makes you feel confident?

Option 2:

You may also choose to start by naming specific people or resources that are available to help. You can identify the support or supporters that are currently available, or those that you want to develop in the future.

- 1** Work down the second column, plugging in that person's name or the resource according to the area/aspect of care they can provide.
- 2** Then add the specific things they can do to the first column.
- 3** Finish by listing what would be needed to prepare that person or resource to provide the support in the third column.
- 4** Repeat this process with the next name or support.



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Caring About

Shares Love, Affection, and Trust

Who is doing this now?

Consider trusted people who you feel loved, even if you don't spend a lot of time with them. Who makes you feel recognized and cared about? Could be family, friends, significant others, etc.

Who could do this in the future?

How will you maintain your belief in yourself? Who or what will make you feel validated and loved?

Spends Time and Creates Memories Together

Who is doing this now?

What friends and acquaintances do you enjoy spending time with (or have enjoyed in the past)? Who shares interests and activities with you? Who makes you feel heard and listened to?

Who could do this in the future?

Are there relationships and connections you want to build upon or develop? Who do you want to spend more time with or what memories do you want to make?

Knows about Personal Interest, Traditions, Cultures

Who is doing this now?

Who (or what) helps you to "remember yourself" and what is important to and for you? Who knows you well enough/do you trust to explain your habits, preferences, or carry on your traditions such as holiday routines?

Who could do this in the future?

Who will be your trusted person(s) in the future? How can you share or communicate what is most important to and for you?





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Caring For

Supports Day-to-Day Needs

Who is doing this now?

Who does specific tasks or helps make sure your day-to-day needs are met? This could be family, friends, paid or unpaid resources who help with cooking, cleaning, picking up medications, etc.

Who could do this in the future?

Who is someone who may need to add support or who would want to help make sure your day-to-day needs are met?

Ensures Materials and Financial Needs are Met

Who is doing this now?

Who provides support now for managing your finances and housing needs? Think about both small and large financial considerations - such as paying bills, financial planning, etc.

Who could do this in the future?

What additional - or future - supports or resources will be important for you to have the financial and housing stability you want and need? What strategies will be needed to ensure you maintain your quality of life?

Connects to Meaningful Relationships and Roles

Who is doing this now?

What existing relationships do you want to maintain. How are you currently ensuring those connections continue? Who are people or groups that are important to you and help you to feel connected to your good life?

Who could do this in the future?

What relationships, connections, and roles do you want in the future? Are there new relationships you want to develop, groups you want to join, or ways in which you want to contribute to your community?

Advocates and Supports Life Decisions

Who is doing this now?

Who helps you to understand, make, and communicate your decisions? Who makes sure your choices are respected? What strategies do you use to articulate your needs to others?

Who could do this in the future?

Who - or what - can help you to make and carry out your decisions? What resources or strategies can you develop or use to ensure you maintain self-determination and self-direction in all aspects of your life?

