



Mapping Supports Tip Sheet | Caregiver Well-Being

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

Overview of the Trajectory

Each one of us have various roles and responsibilities that impact our day-to-day life and overall well-being. At times these roles may feel comfortable, and at other times the responsibilities may feel overwhelming or challenging. As we care about and for the people in our lives, it is important to also recognize the support that we need to maintain our own well-being and good life. Though it may be difficult to consider our own wants and needs, taking time to reflect on what is most important to and for us can help us to understand how we can best connect with other people or resources to support us while for others – both now and in the future.

Who should use this tool and why?

The Mapping Supports tool is designed to be used by anyone to help determine various ways of ensuring they are cared about and cared for. This includes identifying important people or resources and the different ways they do – or could - provide support. This particular Mapping Supports tool is designed to be used by those who are providing care and support to others to (A):

- think about what would be most helpful to you, and who/what can provide that support
- brainstorm – and communicate – specific wants or needs,
- map existing relationships and connections to be maintained (or enhanced),
- consider additional people or resources that could be leveraged in the future.

How is the Tool Organized

The tool has roles organized into two major sections: Caring About and Caring For. These sections are further broken down into specific ways in which someone is cared about or cared for, who (or what) serves in the role of supporting those wants and needs now, and who (or what) can do so in the future.

The Caring About section explores ideas related to our social and emotional needs, while the Caring For section highlights physical and material aspects of our lives. Some people and resources may be listed in both sections, while others only in one (B).

A

It is important for you to think about yourself – your present and your future. This may feel hard, as you are often considering and planning for what you want and need for the person you are caring for. This tool is meant to help you focus on yourself, including – but not limited to – your role in the caring for others.

B

Remember that your experiences and preferences are unique to you. You may or may not have or choose to have resources and relationships in a particular area. If this tool identifies some gaps in places where you need additional support, don't be discouraged – use this as an opportunity to brainstorm how you can develop those supports for yourself (including identifying people and supports that may not immediately come to mind and/or that can enhance or deepen).



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How to Complete the Tool

You can use the tool by working across the rows or working down the columns:

Read the description (on this tip sheet) for the particular area/aspect of being cared about/cared for.

- Consider what feels most important or critical to you (this can be as detailed as you wish).
- You may want to consider your experiences before you were in a caregiving role. How has your life changed since you began providing support for others, and what does that mean for the support you now need to both maintain your well-being and to continue to provide care and support to your loved one?

In the first column, identify people or resources that are currently supporting you (C).

- Think about all types of integrated supports, including your own strengths and assets, family, friends and acquaintances, technology resources, and the supports and services from the community or an eligibility specific funder.

In the middle column, consider if what you may need or want in the future. This can include who or what may be important to maintain existing support, or supports that need to be developed (D).

- Be sure to think creatively about how you can best be supported. You may or may not identify a specific person, and could think of other types of integrated supports and resources. (Use the integrated support star to help brainstorm in all of these areas).

In the final column, brainstorm what's next based on what you identified in reflecting on your wants, needs, and current supports.

- Are there steps you want or need to take to develop the additional supports?
- Think about “what it would take” for you to feel supported and comfortable – both in your role as a caregiver, and as you pursue your own well-being.
- Is there anything you recognize that may need to happen related to how you can best be cared about and cared for?

C

Though you may provide care for your loved one, it is also important to think about ways in which they reciprocate. What role do they – or could they – have in caring about and caring for you, even if it looks different than in the past?

D

In all of the Caring For sections, consider what you are currently spending your time doing that could shift so that you have the ability to spend time pursuing your good life.



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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?

