



LifeCourse One-Page Description Tip Sheet | Caregiver Well-Being

This tips sheet provides an overview of how and why to use the LifeCourse One-Page Description - Caregiver Well-Being

Overview of the LifeCourse One-Page Description

The LifeCourse One-Page Description is a place to capture important information about you and what is important to you as a person and as a caregiver. It provides a brief overview and introduction that can serve as the foundation for deeper reflection, exploration and planning. One-page descriptions reflect what is meaningful and relevant to the person completing them by providing an opportunity to gather and capture ideas about the current experiences and circumstances, and to begin to identify potential priorities for the future.

This specific description is intended to gather ideas of what matters most related to your experience in supporting or caring for a loved one, and to offer an opportunity for you to think about both what your life and caregiving role looks like now – and what you want it to look like in the future. You may choose to share your profile with others as a way to facilitate greater understanding, acknowledgment and support.

How to Complete the LifeCourse Profile



There is no right or wrong way to fill out the LifeCourse One-Page Description – you can think about the questions in any order, and at whatever depth is most comfortable to you. This tool is all about YOU and what is helpful in your reflection and exploration.



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.



The LifeCourse One-Page Description can be like a journal – a record of a time and place reflection and ideas. You can choose to revisit the LifeCourse Profile as often as you like, updating it as you go to continue to capture what matters most at any given time.



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How is the Tool Organized

What is going on in my life and my caregiving journey?

Think about times that you felt you were doing well - physically, mentally, and emotionally.

- What contributed to that well-being?
- What were you - or others - doing that helped to make you feel satisfied or comfortable?

This may include routines, habits, experiences, supports from others, and access to resources. Think about what has “worked” for you in the past to maintain your well-being.

If I had the time, what would I do for myself or my own well-being?

What things, if any, do you want or need to do for yourself that you do not feel you can do right now? This could be simple things like activities you enjoy or complex things like life goals you want to pursue.

- What makes you “feel like you” that you would like to do more of?
- What are things you used to do or enjoy that you haven’t had the ability to do - or that have had to look different - since you began supporting your loved one?

What are caregiving things I do that others could do or I could teach others to do?

- What does caring for or supporting your loved one look like in the day-to-day?
- What are the things that you take care of that someone (or something) else would need to do for you to feel able/comfortable to focus on your personal well-being?
- What would it take/what would it look like for someone (or something) else to do that?