

ATLAS CAREMAP TOOLKIT



# ATLAS CAREMAP BUILDING QUESTIONS



compassionate  
communities

[pallium.ca](http://pallium.ca)

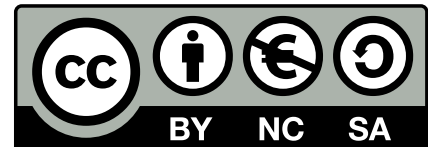
## ACKNOWLEDGEMENT

This resource includes content that builds on or adapts work by Atlas of Care as part of their Atlas CareMap tool. Atlas of Care has completed extensive research to create the Atlas CareMap tool and Pallium Canada is working to further scale and spread the Atlas CareMap tool by adapting content for the Canadian context and developing additional value-added resources to expand the work.

Atlas CareMap is a registered trademark of **Atlas of Caregiving**. Content contained in this document constitutes a derivative work created with the express authorization of Atlas of Caregiving according to a **Creative Commons Attribution-NonCommercial 4.0 International License**, the terms of which govern any use of the content contained in this document. All other rights are expressly reserved. All subsequent references to **Atlas CareMap** are referred to as **care map** or **map**.

Atlas CareMap Toolkit by **Pallium Canada** is licensed under a **Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License**.

Based on a work at <https://atlasofcaregiving.com/caremap/>. Permissions beyond the scope of this license may be available at [www.pallium.ca](http://www.pallium.ca).





**Read How to Create an Atlas CareMap  
before reviewing this document.**

# Purpose of this document

---

**This document outlines questions to help you create and revise  
your Care Map.**

## CREATION QUESTIONS

These questions will help you when you are creating and filling in your Care Map.



### **YOUR HOUSEHOLD**

1. Who lives in your home?
  - Do you have children that live with you?
  - What are their needs?
2. Who do you provide care to as a caregiver?
  - Think of those you help due to their illness, disability, or age
3. Who cares for you?
  - Think of anyone whose support allows you to care for others (e.g., people who make meals for you, people who help walk your dog, people who provide emotional support, etc.)
4. Who else cares for the person you care for?
5. What is important to you while you are caring for them?
6. What things bring joy to the care recipient? For example, tending their garden, knitting, playing an instrument, talking to the neighbour, etc.
7. What things bring joy to you?



## YOUR SOCIAL CONNECTIONS

When considering the following questions, remember that 'support' can mean emotional support, physical support, spiritual support, etc.

1. Which friends do you see often? What support do they provide you?
2. Which neighbours do you see often? What support do they provide you?
3. Do you have online relationships? What support do these online relationships provide you?
4. Do you have chats, social gatherings, or repetitive interactions?  
For example, talking to the same grocery store clerk or the same bank teller each time you visit. How do these support you?



## TANGIBLE TASKS

Ensure these tasks are included in your Care Map.

1. What daily tasks do you do around your home?
2. What weekly tasks do you do around your home?

## REFLECTION QUESTIONS

Now it's time to reflect on the Care Map you've created. Just as your **caregiving experience\*** changes, so will your Care Map. For example, if the person you are caring for goes into the hospital, their condition changes and so does the people around them who are caring for them (e.g., additional health care professionals). Updating your Care Map is useful so that you always have a good understanding of who is providing care and support to you and the person you are caring for. When reflecting, concentrate on what brings joy to you and the person you care for.



## WISH LIST

Consider adding a Wish List to your Care Map. A **Wish List\*** outlines additional activities and tasks that you desire to be able to do but perhaps cannot find the time (e.g., playing tennis once a week, going for a 1-hour walk every day, cooking dinner, etc.). The Wish List allows your friends and family to identify where they may be able to support you further so that you can undertake your Wish List activities.

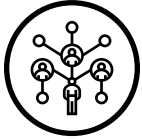
### Review the following questions and add the answers to your Wish List:

1. What else would you like to see in your caregiving experience that would bring you more joy? Could family or friends help you in a way that would allow you more time for the things that bring you joy?
2. What brings you joy in life? How can you continue doing the things that bring you joy while also caregiving?
3. Are the wishes of your loved one(s) being met? If not, how can this be further supported?
4. Are you getting enough personal time (time for self-care)? If not, who can support some of your daily or weekly tasks to help free up time for you?



## CREATING YOUR NETWORK

1. What happens once someone in your circle is no longer able to support you or cannot show up for a day or week? Ensure you have considered a backup plan.
2. Is everyone on your Care Map aware of who else is on the map? By sharing your Care Map with the people who appear on the map, it helps them understand who else is supporting you and identify opportunities where they might be able to offer more support.



## BROADENING YOUR NETWORK

1. Is there someone that supports you who is not on your Care Map?  
Include everyone regardless of how big or small the support is.
2. Are there people offering to help you that are not currently in your Care Map?  
For example, have neighbours, coworkers, or friends offered help? Take them through your Wish List to give them ideas of where or how they can help.
3. Are there key professionals missing? For example, health care professionals, lawyers, financial planner, etc.
4. Are there any community services that you can utilize to help you with the items in your Wish List? For example, support groups or food delivery programs.

Now that you have reflected on your Care Map, consider sharing it with the people who appear in it. Learn more about how to share your Care Map by reading **Sharing Your Atlas CareMap with Health Care Professionals** and **Sharing Your Atlas CareMap with Family and Friends**.

### \* DEFINITIONS

**Caregiving experience:** The tasks, activities, and support a caregiver provides to the care recipient.

**Wish List:** A Wish List is a list of activities and/or tasks that you desire to be able to do but perhaps cannot find the time (e.g., playing tennis once a week, going for a 1-hour walk every day, cooking dinner, etc.) or that you would like someone to support (e.g., walk the dog, mow the lawn, etc.). The Wish List allows your friends and family to identify where they may be able to support you further so that you can undertake your Wish List activities.