



# ATLAS CAREMAP DEFINITIONS

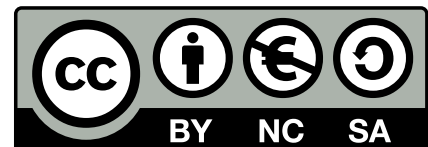
## ACKNOWLEDGEMENT

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.

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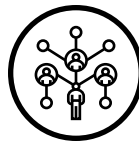
# Purpose of this document

This document provides definitions for the commonly used terms in the **Atlas CareMap Toolkit**.



## CAREGIVING EXPERIENCE

The tasks, activities, and support a caregiver provides to the care recipient.



## SUPPORT NETWORK

The individuals around you that support you physically and emotionally.



## CAREGIVER<sup>1</sup>

A caregiver (also referred to as a carer) is a person who takes on an unpaid caregiving role for someone who needs help because of a physical or cognitive condition, an injury or a chronic life-limiting illness.



## 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.



## CARE MAP

A Care Map is a simple, visual diagram of the people involved in providing care to the caregiver or the care recipient.



## CARE RECIPIENT<sup>2</sup>

The person receiving care, often by a caregiver.



## HEALTH CARE PROFESSIONAL

Any member of the medical profession providing care.



## QUALITY OF LIFE<sup>3</sup>

The degree to which an individual feels healthy physically and mentally, their needs are met, and they can participate in or enjoy life events.

## REFERENCES

1. Carers Canada (n.d). Carer Facts. Retrieved from <https://www.carerscanada.ca/caregiver-facts/>
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3. World Health Organization. (1998). Health Promotion Glossary. Retrieved from [https://apps.who.int/iris/bitstream/handle/10665/64546/WHO\\_HPR\\_HEP\\_98.1.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/64546/WHO_HPR_HEP_98.1.pdf?sequence=1)