



HOW TO CREATE AN ATLAS CAREMAP

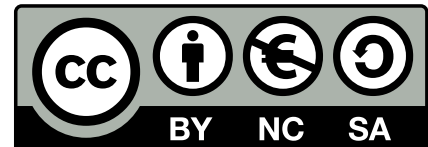
ACKNOWLEDGEMENT

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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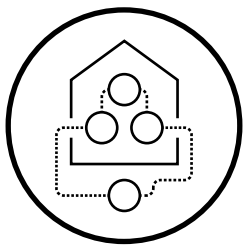
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Purpose of this document

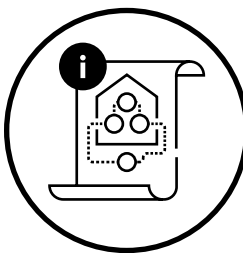
This document outlines what a Care Map is, why it is important, and step by step instructions on how to make one. It also links to additional videos that can support you in creating your Care Map.



WHAT IS A CARE MAP?

A Care Map is a simple, visual diagram of the people involved in providing care to a **caregiver*** and **care recipient***. It includes family, friends, and health care professionals who may provide assistance or support, however big or small. A Care Map allows a person to visualize and easily understand the many different connections between the people involved in caring for someone.

For additional information, watch [Introduction to Atlas CareMaps](#).



WHY IS A CARE MAP IMPORTANT?

A Care Map is a simple tool to identify the people and services involved in your **support network***. It also helps you to understand the role(s) those people and services play for you and each other. Creating a Care Map can help you better understand your current situation, seek additional support where needed, plan for potential difficulties, manage the people involved, and allow you to better communicate your **caregiving experience*** with family, friends, and health care professionals.

For additional information, watch [How to use an Atlas CareMap](#).

HOW TO GET STARTED



STEP 1 — DECIDE ON AN APPROACH

There are two approaches to creating a Care Map. The first is drawing your Care Map by hand. The second is using the [Atlas of Care website](#) to create a digital version. With the digital version, you can save your work by emailing your Care Map to yourself. We recommend creating your Care Map by hand the first time so that you can easily make changes and take notes about what is working and what is not working.



STEP 2 — QUESTIONS TO ASK YOURSELF

Open the [Atlas CareMap Building Questions](#) document and review the first section entitled Creation Questions. These questions will help you consider all of the people to add to your Care Map. Take a moment to review these questions and think about who is in your network, the role(s) they play, and what is working and not working well.



STEP 3 — START DRAWING

When drawing by hand, the key is to use simple stick figures or symbols to stand for people (and pets) as you draw the people in your Care Map.

Option 1: Watch this short video on [How to Draw Your Own Care Map](#).

Option 2: Follow these steps from the video linked above on how to draw your own Care Map:

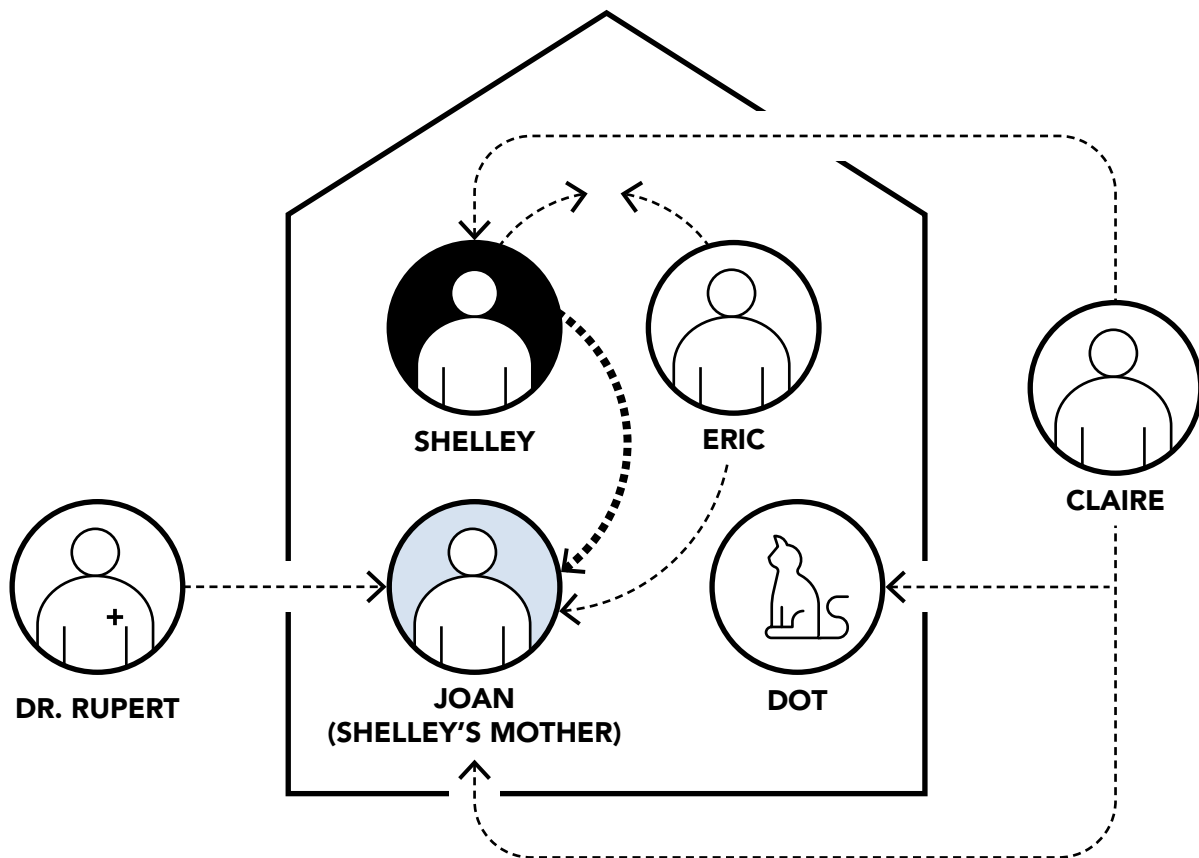
1. Start with the people that you live with and draw a home around them (e.g., parents, siblings, children, pets, etc.)
2. Add anyone you care for (e.g., grandparents, siblings, children, neighbours, pets, etc.)
3. Add anyone who also cares for them (e.g., your siblings, health care professionals, etc.)
4. Add people that support you (e.g., neighbours, friends, parents, children, etc.)
5. Draw arrows to show the relationships. Use different types or thicknesses of arrows to show how often that caring happens.
6. Include all health care professionals that both the caregiver and care recipient interact with.

SAMPLE CARE MAP: SHELLEY

Shelley was a caregiver to her mother for years, helping her with shopping, cleaning, and everyday chores that her mother could no longer handle. Everything changed when her mother was diagnosed with dementia. Shelley found herself struggling to keep up with the new demands of caregiving for her mother.

Claire, a friend of Shelley, had been through a similar experience and had used a Care Map to help her manage her network of support.

Claire offered to help Shelley draw her Care Map. After drawing the map, Shelley realized how much of her mother's care she handled and that she couldn't do it alone. Shelley had been worried about asking for help because she didn't want to burden her friends and family. Claire reminded her that people want to help, they just need to know how they can help. With a better understanding of her support network, Shelley felt more confident about putting together a plan to manage her mother's new care needs.



REFLECTING ON YOUR CARE MAP

Now that you have a Care Map, it is time to reflect and determine where you might need additional support.



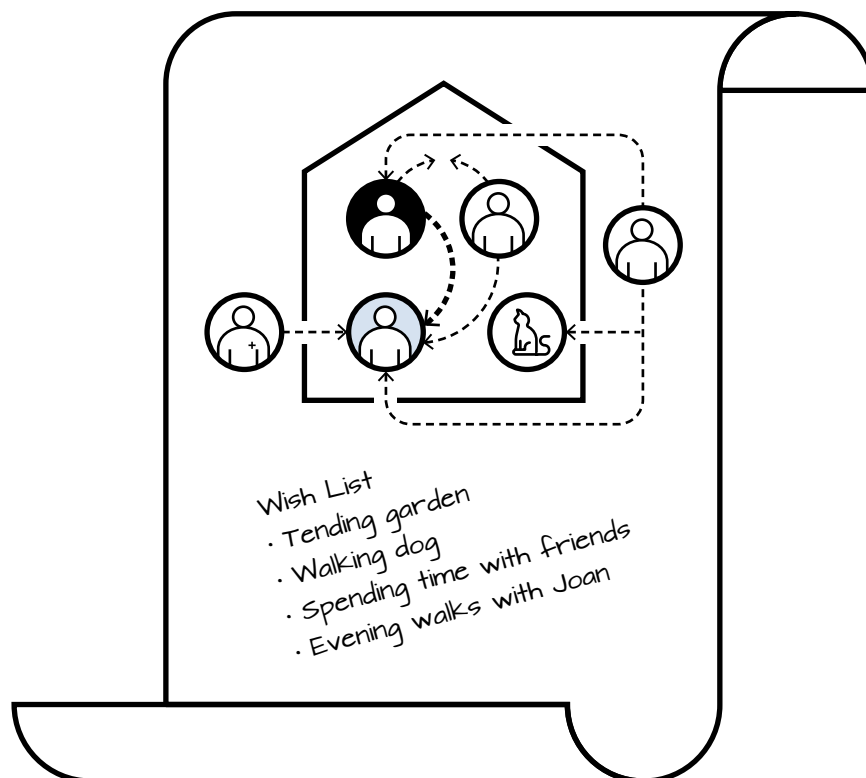
STEP 1 — REVIEW REFLECTION QUESTIONS

Open the [Atlas CareMap Building Questions](#) document and review the second section entitled Reflection Questions. These questions will help broaden your map after the initial creation and capture additional areas for support.



STEP 2 — WRITE OUT YOUR WISH LIST

Find a space on your Care Map and write the word, **Wish List***. Write down a list of 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.



HOW TO USE YOUR CARE MAP

Once you have created your Care Map and revised it based on the reflection questions noted above, it's now time to share it with family, friends, and health care professionals.



STEP 1 — SHARE YOUR CARE MAP WITH YOUR SUPPORT NETWORK OF FAMILY AND FRIENDS

When sharing the map, show them the Wish List highlighting the additional support you need, as they are often looking for ways to help you. Review [Sharing Your Care Map with Family and Friends](#).



STEP 2 — SHARE YOUR CARE MAP WITH YOUR HEALTH CARE PROFESSIONAL(S)

When sharing the map, point out your Wish List as they may be aware of services in the community to help you. Review [Sharing Your Care Map with Health Care Professionals](#).

WANT MORE INFORMATION?

Want to host a Care Map workshop in your community? Download the [Atlas CareMap Community Workshop Toolkit](#). This toolkit includes all the tools and templates necessary to run a workshop and engage your community to learn how to support the caregivers in their life.

* DEFINITIONS

Caregiver: 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.

Care recipient: The person receiving care, often by a caregiver.

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.

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.