

SHARING YOUR ATLAS CAREMAP WITH HEALTH CARE PROFESSIONALS

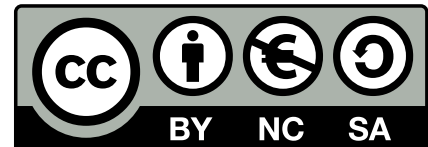
ACKNOWLEDGEMENT

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

Purpose of this document

This document outlines why it is important to share your **Care Map*** with **health care professionals***. This can be your health care professionals or the **care recipient's*** health care professionals. It also covers how to start the conversation and the importance of taking an active role in your care.

WHY SHARE YOUR CARE MAP WITH HEALTH CARE PROFESSIONALS

Sharing your Care Map with a health care professional allows them to provide better care to you and/or the care recipient. Health care professionals can help you identify missing resources or services to increase your feeling of being supported.

Mutual respect and shared decision-making are essential in a patient-health care professional relationship. Consider for a moment that you both are experts. The health care professional is a medical expert, and you are the expert on your lifestyle needs, values, and preferences. Participate in your care by asking questions and sharing what is important to you. Sharing with your health care professional will help them better understand what your **caregiving experience*** looks like and what supports are in place.¹ Health care professionals can make recommendations to seek out further information or connect you with additional support. Sharing your Care Map with your health care professionals can lead to a better **quality of life*** through improved medical care and connections with additional support.



HOW TO SHARE YOUR CARE MAP

Print out your Care Map or take a picture of it and bring it to your health appointments to share with any health care professional.

PREPARE FOR YOUR CARE MAP CONVERSATION



STEP 1

Be prepared to explain the purpose of a Care Map and why you created one. Learn more about Care Maps in the [How to Create a Care Map](#) document.



STEP 2

Review the conversation starters below as a starting point for the conversation.



STEP 3

Prepare a list of specific questions you want to ask the health care professional.



STEP 4

Bring your Care Map with you to all appointments as a print document or take a picture on your phone.

CONVERSATION STARTERS

Here are some examples regarding how to start the conversation with a health care professional about your Care Map.

- ✓ “I have created what is called a Care Map, and it showcases who I care for, who else cares for them, and who supports me. I am showing it to you so that you have a better sense of my role as a caregiver and to help me identify where I can find more support.”
- ✓ “I’d like to show you a diagram that I’ve created to map out the care I provide to my mom as her caregiver. I have included other people in our lives that care for her, such as family, friends, and health care professionals, and those who care for me. This map is called a Care Map. Do you see where I might be able to access additional support?”
- ✓ “I’ve created this Care Map to help me visualize the care I provide for my brother. I have included the other people and health care professionals in his life who care for him. Do you see where we might be able to access additional resources to help me in my caregiving role?”

IMPORTANT NOTE: Do not be discouraged if a health care professional is unaware of what a Care Map is. Be prepared to let them know why you’ve created your Care Map and ask specific questions you think they can help answer. This conversation will lead to better care for yourself and the care recipient. If your health care professional is interested in learning more, send them to www.pallium.ca/care-maps or print off the [Care Map Fact Sheet](#).

* DEFINITIONS

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

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: The person receiving care, often by a caregiver.

Health care professional: Any member of the medical profession providing care.

Quality of life: 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. Heath, S. (2018, July 23). *Understanding the power hierarchy in patient-provider relationships*. PatientEngagementHIT. <https://patientengagementhit.com/news/understanding-the-power-hierarchy-in-patient-provider-relationships>