

SHARING YOUR ATLAS CAREMAP WITH FAMILY AND FRIENDS

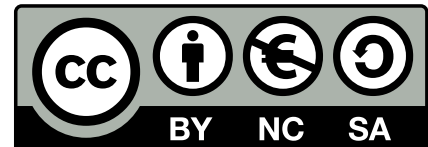
ACKNOWLEDGEMENT

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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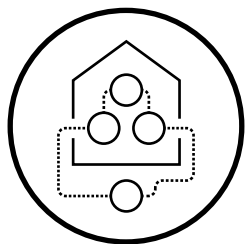




**Read How to Create an Atlas CareMap
before reviewing this document.**

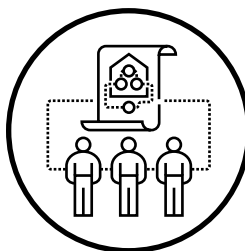
Purpose of this document

**This document outlines why it is important to share your
Care Map* with family and friends and how to share it.**



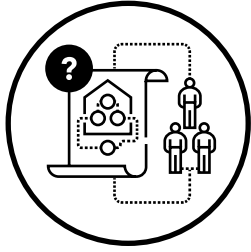
INTRODUCTION

Our connections enhance our **caregiving experience*** and our **quality of life***. Now that you have created a Care Map, it is time for you to share it with family and friends. As a starting point, share it with one or two of your closest family or friends. Eventually, sharing it with every person that appears on your map. Sharing your Care Map can be especially useful when you feel like you need additional support.



HOW TO SHARE YOUR CARE MAP

Print copies or take a picture of your Care Map to share with friends and family.



WHY SHARE YOUR CARE MAP

There are many great reasons to share your Care Map with friends, family, neighbours, or coworkers. These include:

- ✓ Helping the important people in your life understand who you are caring for, who else provides care to them, and who cares for and supports you.¹
- ✓ Helping the important people in your life identify areas where they can support you (e.g., dog-walking, grocery shopping, calling more frequently).¹
- ✓ Showcasing to the important people in your life how grateful you are for the support they do provide.

Sharing your Care Map helps those who care about you understand your caregiving experience and highlight some opportunities to further support you. This could be a good opportunity to ask for some support with the tasks or activities on your **Wish List***.

As a caregiver, it is important that you find time for self-care and other interests in addition to your caregiving role. Sharing your Care Map will help you identify people interested in supporting you further and ensure that people know your experiences as a **caregiver***.

IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING, ASK FOR MORE SUPPORT

Depression, withdrawal, insomnia, trouble concentrating, anger, health issues, exhaustion, anxiety, increased drinking/smoking, altered eating habits²

These signs can lead to 'caregiver burnout' while also experiencing feelings of hopelessness and becoming sick yourself.¹

Asking for help doesn't mean you are weak — rather, it shows strength and understanding in knowing yourself and your limits.

* 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.

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.

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.

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.

REFERENCES

1. Mehta, R. (2019). *Sparkling transformative conversations: Using Atlas CareMaps to strengthen families and communities*. Atlas of Caregiving. <https://atlasofcaregiving.com/wp-content/uploads/2015/05/Sparkling-Transformative-Conversations-v1.pdf>
2. HelpGuide (n.d.). *Caregiver Stress and Burnout*. Retrieved from <https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm>