





# Mapping Supports | Caregiver Well-Being: Supporting Others

 <b>Caring About</b>	<b>What are the specific needs of the person I support?</b>	<b>Who else could do this or how else could this need be met?</b>	<b>What would they need to know or learn? What would it take?</b>
<b>Shares Love, Affection and Trust</b>			
<b>Spends Time and Creates Memories Together</b>			
<b>Knows about Personal Interest, Traditions, Cultures</b>			

 <b>Caring For</b>	<b>What are the specific needs of the person I support?</b>	<b>Who else could do this or how else could this need be met?</b>	<b>What would they need to know or learn? What would it take?</b>
<b>Supports Day-to-Day Needs</b>			
<b>Ensures Material and Financial Needs are Met</b>			
<b>Connects to Meaningful Relationships and Roles</b>			
<b>Advocates and Supports Life Decisions</b>			