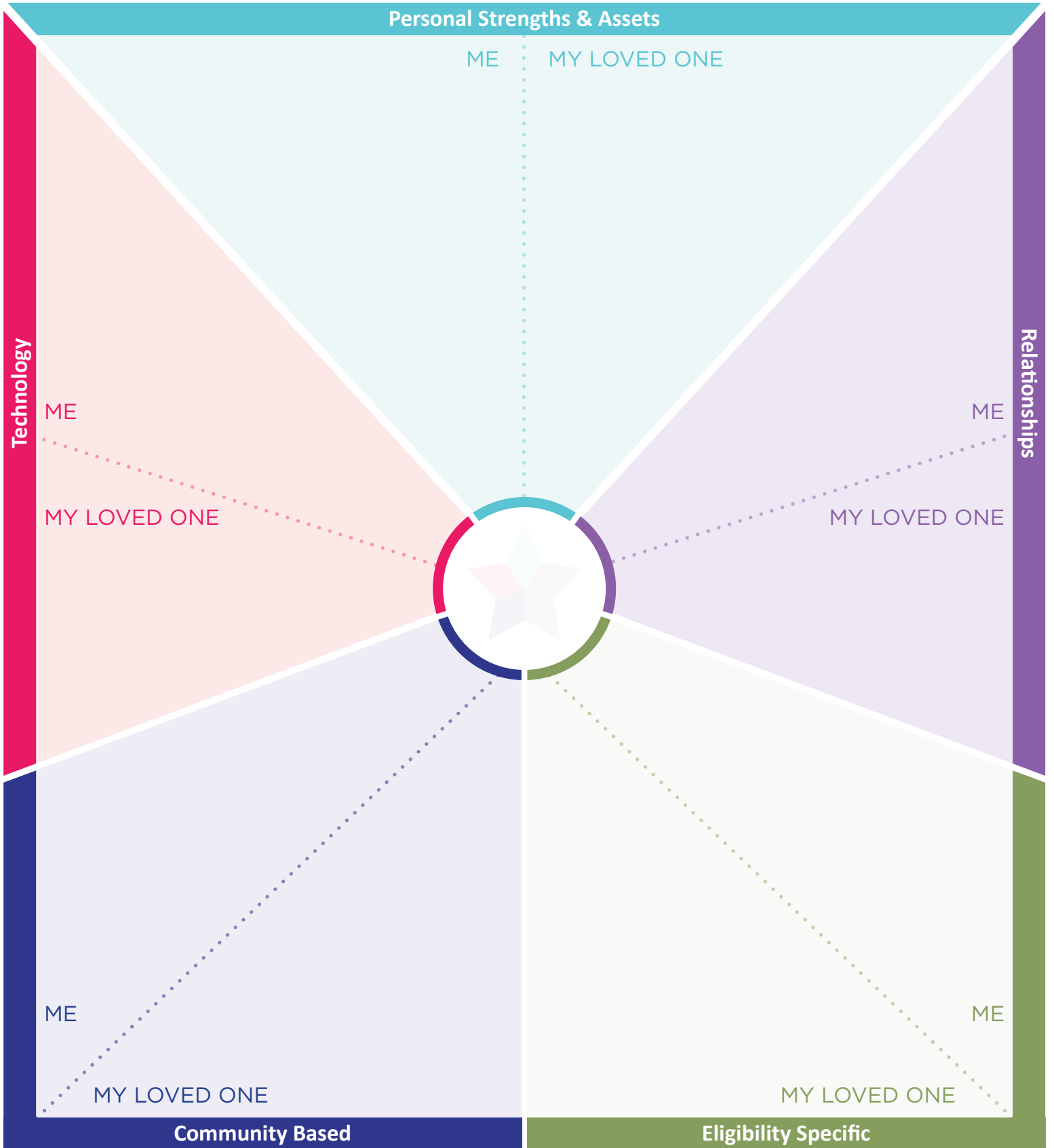




My Name is:





# Integrated Supports Star | Caregiver Well-Being

## Prompts to consider to aid in filling out the Integrated Supports Star:

Use these helpful prompts to tap the resources you have to support you in all of your myriad roles and brainstorm potential resources that can be leveraged so that you are able to focus on your personal well-being.

### Personal Strengths & Assets

#### Me:

What are your personal abilities, knowledge, or life experiences that can help you maintain your well-being? What are you good at and what do you have that can help you?

#### My Loved One:

What are the strengths, abilities and experiences of your family member that can be maximized in their support and care? What other personal assets do they have that could be accessed?

### Technology

#### Me:

What technology or devices do you or can you use to help you achieve your vision?

#### My Loved One:

What technology can be leveraged to support your family member so that you are able to focus on your well-being?

### Community Based

#### Me:

What places, groups, or local resources could you access to support you as you move toward your vision?

#### My Loved One:

What resources within the community - businesses, parks, schools, faith-based communities, health care facilities, membership organizations or public resources (that everyone uses) - can be accessed to provide support for your loved one?

### Eligibility Specific

#### Me:

Are there any services or supports for which you are eligible or can qualify? This may be needs or situation based.

#### My Loved One:

What needs based or government services is your family member accessing - or could access - to support them while you focus on your personal well-being?

### Relationships

#### Me:

What family or friends will be important supports for you in maintaining your well-being? Are there acquaintances that you can connect with to help with aspects of your vision?

#### My Loved One:

Who loves, cares about, and spends time with your loved one and can provide additional support? Who do they come in frequent contact with who may be able to provide support?