






## Mapping Supports | Caregiver Well-Being


 Caring About	Who is doing this now?	Who could do this in the future?	Next Steps?
Shares Love, Affection and Trust			
Spends Time and Creates Memories Together			
Knows about Personal Interests, Traditions, Cultures			

 Caring For	Who is doing this now?	Who could do this in the future?	Next Steps?
Supports Day-to-Day Needs			
Ensures Material and Financial Needs are Met			
Connects to Meaningful Relationships and Roles			
Advocates and Supports Life Decisions			



## Mapping Supports | Caregiver Well-Being

 Caring About	Who is doing this now?	Who could do this in the future?	Next Steps?
Shares Love, Affection and Trust	Consider trusted people who make you feel loved, even if you don't spend a lot of time with them. Who makes you feel recognized and cared about? Could be family, friends, significant others, etc.	How will you maintain your belief in yourself? Who or what will make you feel validated and loved?	What are some next steps that will help you through this process?
Spends Time and Creates Memories Together	What friends and acquaintances do you enjoy spending time with (or have enjoyed in the past)? Who shares interests and activities with you? Who makes you feel heard and listened to?	Are there relationships and connections you want to build upon or develop? Who do you want to spend more time with or what memories do you want to make?	What are some next steps that will help you through this process?
Knows about Personal Interests, Traditions, Cultures	Who (or what) helps you to "remember yourself" and what is important to and for you? Who knows you well enough/do you trust to explain your habits, preferences, or carry on your traditions such as holiday routines?	Who will be your trusted person(s) in the future? How can you share or communicate what is most important to and for you?	What are some next steps that will help you through this process?

 Caring For	Who is doing this now?	Who could do this in the future?	Next Steps?
Supports Day-to-Day Needs	Who does specific tasks or helps make sure your day-to-day needs are met? This could be family, friends, paid or unpaid resources who help with cooking, cleaning, picking up medications, etc.	Who is someone who may need to add support or who would want to help make sure your day-to-day needs are met?	What are some next steps that will help you through this process?
Ensures Material and Financial Needs are Met	Who provides support now for managing your finances and housing needs? Think about both small and large financial considerations - such as paying bills, financial planning, etc.	What additional - or future - supports or resources will be important for you to have the financial and housing stability you want and need? What strategies will be needed to ensure you maintain your quality of life?	What are some next steps that will help you through this process?
Connects to Meaningful Relationships and Roles	What existing relationships do you want to maintain now are you currently ensuring those connections continue? Who are people or groups that are important to you and help you to feel connected to your good life?	What relationships, connections, and roles do you want in the future? Are there new relationships you want to develop, groups you want to join, or ways in which you want to contribute to your community?	What are some next steps that will help you through this process?
Advocates and Supports Life Decisions	Who helps you to understand, make, and communicate your decisions? Who makes sure your choices are respected? What strategies do you use to articulate your needs to others?	Who - or what - can help you to make and carry out your decisions? What resources or strategies can you develop or use to ensure you maintain self-determination and self-direction in all aspects of your life?	What are some next steps that will help you through this process?