

Crisis Map

What happened?



Events & actions

How did it make
you feel?



Emotions

Would you do
something different
next time?



Reflection

Cause/Trigger

Describe crisis

Follow-up & Interventions

Relevant services for Caregivers

Write down relevant Caregiver services you can think of. Some suggestions are already made.



	Counselling Assistance schemes Mentor program	Counselling Education/training Support groups Spiritual support Helplines	Counselling Information/referral	Counselling Palliative care Education/training	Counselling Mentor program

What service would be useful for which of your Caregivers?



Caregiving stages

BECOMING AWARE	STARTING CAREGIVING	DEVELOPING ROUTINES	CONTINUOUSLY ADAPTING	LOSING CG-ROLE	REDEFINING IDENTITY
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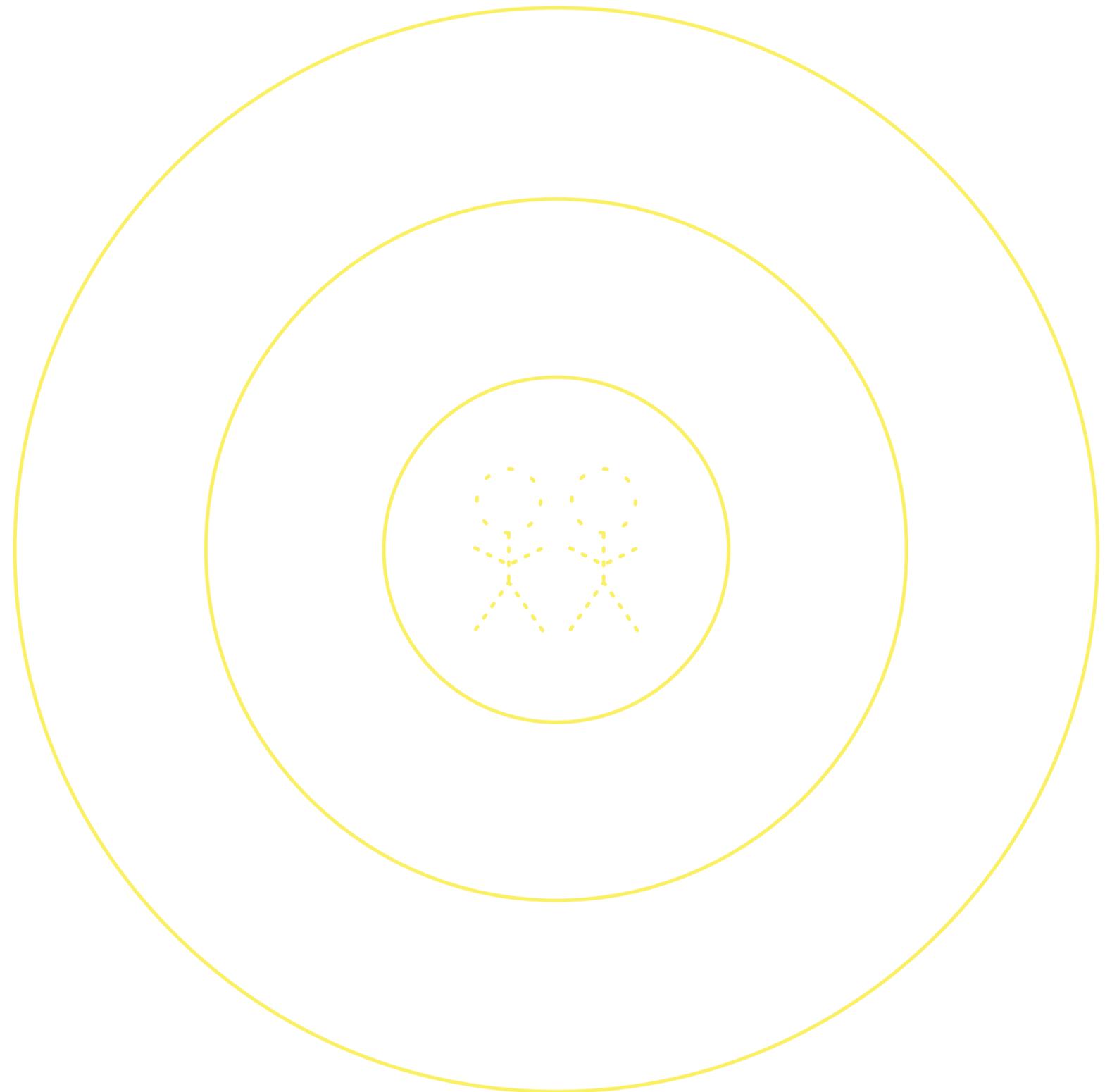
Care Circle

1

Draw the Caregiver and care recipient in the centre. Then think about who else are part of the Care Circle?
Think of (nuclear) family, friends & neighbours, social workers, doctors & nurses, religious figures or support groups.

2

What do they do as caregivers? What is their role and what tasks do they perform?



Drawing suggestions



Person



Social care



Healthcare

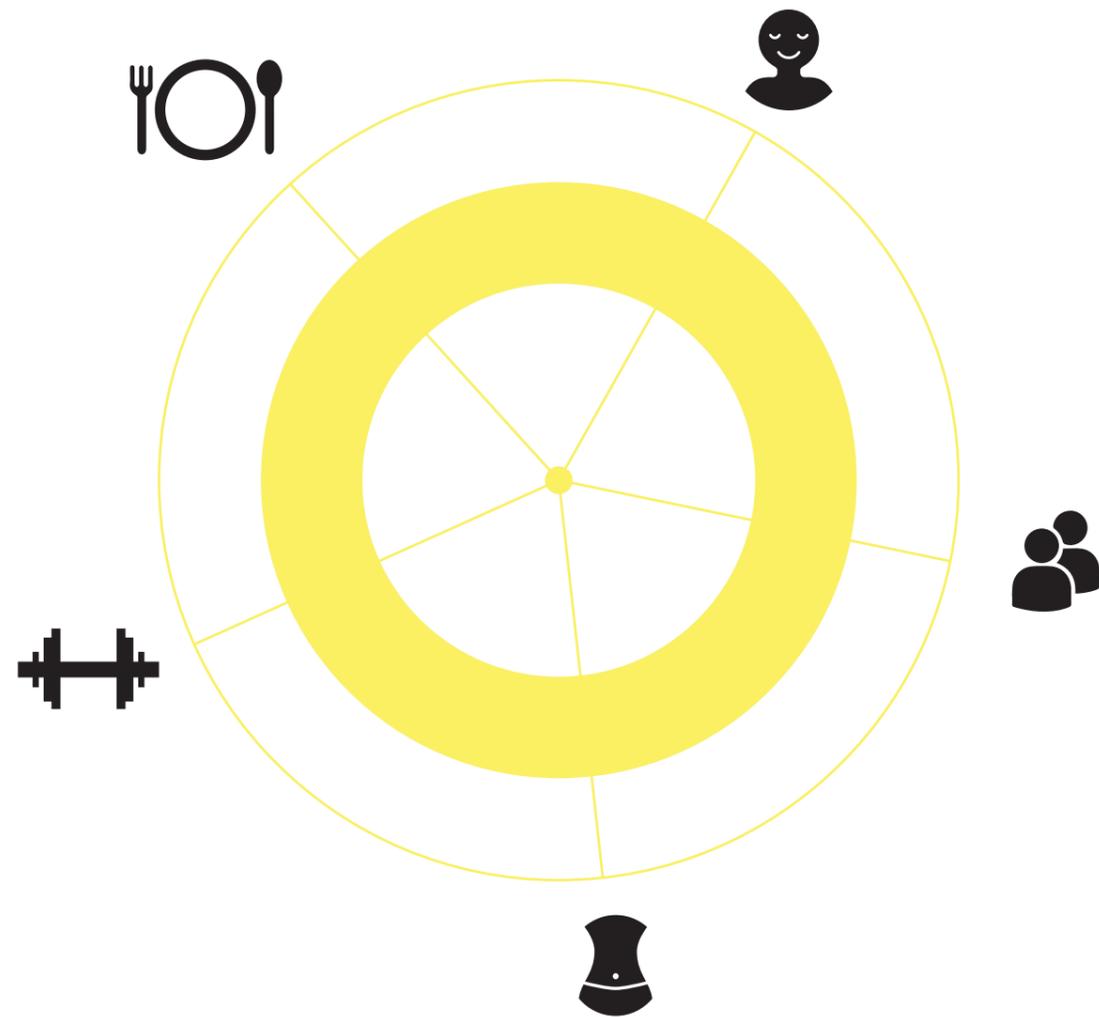
Care Journey Map



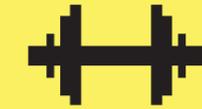
BECOMING AWARE	STARTING CAREGIVING	DEVELOPING ROUTINES	CONTINUOUSLY ADAPTING	LOSING CAREGIVER ROLE	REDEFINING IDENTITY
 <ul style="list-style-type: none">* When did you become aware that you would be a caregiver?* What kept you busy before caregiving?	<ul style="list-style-type: none">* How did you decide that you would be the main caregiver?* How did you start caregiving?* Do you know what to do?* What do you struggle with?	<ul style="list-style-type: none">* What routines and habits have you formed to make your daily life easier?* Do you struggle with certain caregiving tasks?* Can you share your responsibility with others?	<ul style="list-style-type: none">* Can you maintain the routines and habits you formed over time?* Do you expect your loved one's needs to change in the future? How would you adapt?	<ul style="list-style-type: none">* Do you expect any changes in your ability to care? (relating to your life stages or health)* Do you expect loved one's needs to change drastically in the future?	<ul style="list-style-type: none">* What would you do if you can't care anymore?* Do you have plans for your future?

Caregiver Wellbeing

Write down what you currently do for each health aspect in your life.



Food



Excercise



Mental



Body



Social

How much attention do you give each aspect of your health and wellbeing?
Reflect on each aspect and draw a dot on each axis to show importance
(further out is more important). Do this for all 5 aspects of health and
wellbeing and connect the dots to view your personal wellbeing map.

As a Caregiver you take care of the health & wellbeing of your loved one but your own health is as important if not more important. Without your health you cannot be a good caregiver to your loved one!

This template is for you and your family manager to discuss your health & wellbeing and to discuss points for improvement.

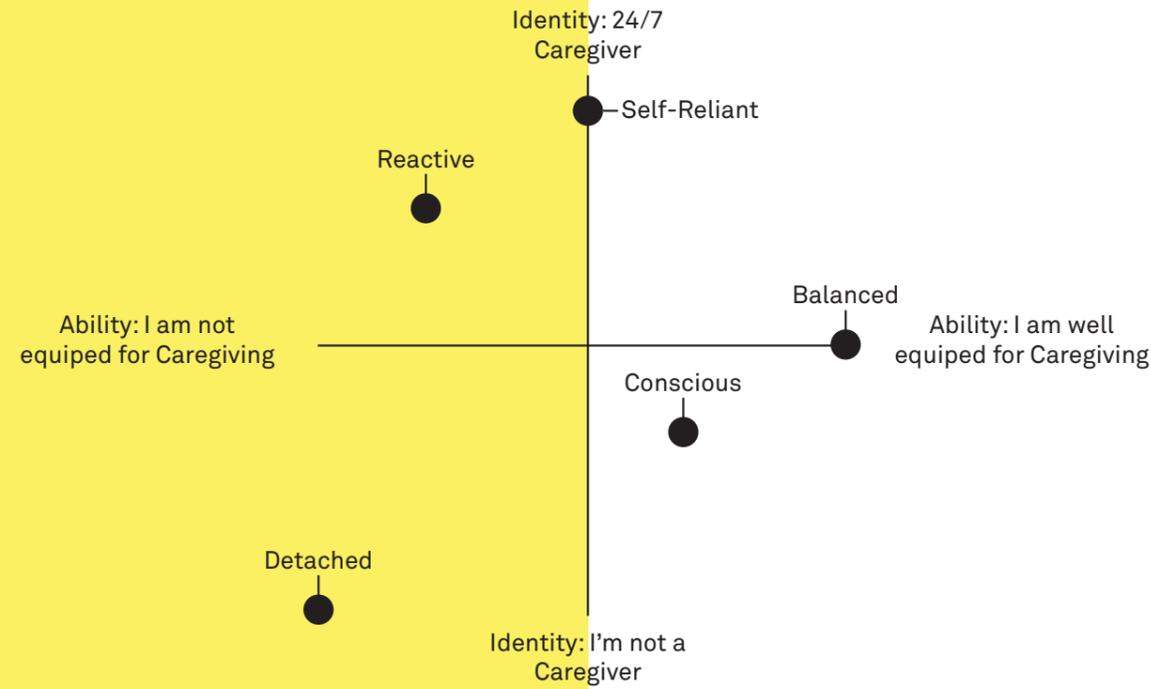
Your goal

Tip: Make your goal SMART: Specific, Measurable, Attainable, Realistic and Timely.

Care Compare

I am like a Caregiver

I am like a Caregiver



What works well for me?

What works well for me?

What do I struggle with?

What do I struggle with?

How can I improve my Caregiving style?

How can I improve my Caregiving style?

Caregiver Co-Create



ISSUES & PROBLEMS

Write down what you currently struggle with; what problems do you face when caring?



SOLUTIONS

What could be created to solve the problems and issues? You can think about different services, products, policies, settings, tools, events or campaigns.

Concept Name:

DESCRIBE THE IDEA

What?

For whom?

Why?



SOLUTIONS

What could be created to solve the problems and issues? You can think about different services, products, policies, settings, tools, events or campaigns.

Concept Name:

DESCRIBE THE IDEA

What?

For whom?

Why?

Emotion Cards

