

Care In Your Life

Worksheet



Care In Your Life

This exercise is meant to help you become more aware of all the actions around you that contribute to your and others wellbeing. You will think about the many different actions you do or have done to take care of someone (including yourself), as well as the actions others have done to care for you. You are trying to gain perspective on the care you have given or received at various times in your life; this might be some years ago or right now. The exercise is also meant to clarify your thinking of what “care” means to you.

Categories: Activities have been organized into eight categories. In each category there are examples of common care activities to spark your reflection. Note that the categories cover a broad range of care, and so it is very possible that you will have no experience with some of them. Likewise this is not a comprehensive list, hence the “Other” category. In the spaces provided jot down care activities you are or have engaged in. The categories are:

- Social-Emotional Support
- Household Assistance
- Family Coordination
- Medical Activities
- Personal Support
- Healthcare Management
- Financial & Legal Support
- Other

Some activities don't fit neatly into these categories. Choose a close-enough category, or put in “Other”.

Frequency: For each experience you have had, mark the frequency you either received or provided care, using this scale:

- F — Frequently; many times a day
- D — Daily
- W — Weekly
- M — Monthly
- Y — Yearly
- R — Rarely, or just once

Activities often don't occur precisely on that scale, so use your own judgement to choose what feels best to you.

Social / Emotional Support Activities

What are the various activities you do to show your love to those around you? How do you connect with your community and those people you care for?

Examples:

- Provide companionship
- Listen to someone having a hard time
- Coordinate outings or social gatherings
- Coordinate play dates or carpools
- Accompany another person to social activities
- Give advice or provide resources
- Positive support through social media

For each Social / Emotional Support activity you have experienced (done for yourself or others, or have had others do for you), mark how often the activity occurred.

Activity ↓	Frequency →	F	D	W	M	Y	R

Space for reflections and notes about Social / Emotional Support activities:

Household Assistance

These are household chores that are done because another person is unable to do them by themselves. Examples:

- Clean home / kitchen / bath
- Prepare meals
- Help with laundry / shopping / yard work / home maintenance and repair
- Provide transportation
- Provide computer support
- Manage mail / paperwork

For each Household Help activity you have experienced (done for yourself or others, or have had others do for you), mark how often the activity occurred.

Activity ↓	Frequency →	F	D	W	M	Y	R

Space for reflections and notes about Household Help activities:

Family Coordination Activities

When caring for a friend or family member includes many people, there is always some coordination and management. What sort of coordination and planning activities have you engaged in?

Examples:

- Coordinate relatives' & friend caregivers' time and help
- Communicate information to relatives & friends
- Consult family members for decisions
- Plan how others can be involved in caring for someone
- Play peacemaker / manage family disagreements

For each Family Coordination activity you have experienced (done for yourself or others, or have had others do for you), mark how often the activity occurred.

Activity ↓	Frequency →	F	D	W	M	Y	R

Space for reflections and notes about Family Coordination activities:

Medical Activities

These are activities such as medications and therapies, often done at the recommendation of health professionals. For example: someone might have helped coach you through therapy exercises, or you monitor your child's diet due to allergies.

Examples:

- Take, give or keep track of medications and supplements (including pills, injections, oxygen, etc.)
- Organize and manage medications and supplements
- Do, assist with and/or monitor exercises and therapies
- Prepare and maintain medical equipment
- Prepare special meals (due to allergies, dietary restrictions, sickness, etc.)
- Attend to wound management

For each Medical activity you have experienced (done for yourself or others, or have had others do for you), mark how often the activity occurred.

Activity ↓	Frequency →	F	D	W	M	Y	R

Space for reflections and notes about Medical activities:

Personal Support Activities

This includes all the “hands-on” activities you do to support the people you care for, or that others do for you. These activities could be for a pet, a child, a parent, a neighbor, etc.

Examples:

- Help with getting in/out of bed, chair, etc.
- Help with moving around the home
- Help with getting in and out of car
- Help with dressing and grooming
- Help with bathing and toileting (including incontinence)
- Help with and/or monitor eating
- Help with wearable medical devices (hearing aids, prosthesis, etc.)

For each Personal Support activity you have experienced (done for yourself or others, or have had others do for you), mark how often the activity occurred.

Activity ↓	Frequency →	F	D	W	M	Y	R

Space for reflections and notes about Personal Support activities:

Healthcare Management

This includes everything having to do with the healthcare system.

Examples:

- Arrange health appointments (for yourself, family, neighbors, etc)
- Communicate with health professionals
- Attend and/or accompany to meetings with health professionals, lab tests, etc.
- Pick up prescriptions and supplies
- Research conditions, treatments, and costs
- Make medical decisions
- Coordinate between medical offices
- Pay attention to and track health conditions & treatments
- Organize health records
- Manage community services (paratransit, meals on wheels, etc.)

For each Social / Emotional Support activity you have experienced (done for yourself or others, or have had others do for you), mark how often the activity occurred.

Activity ↓	Frequency →	F	D	W	M	Y	R

Space for reflections and notes about Healthcare Management activities:

Financial & Legal Support Activities

This includes everything you do to manage the finances and legal affairs of the person or people you care for.

Examples:

- Make and maintain a budget
- Manage bills (your home or another person's)
- Manage insurance (coverage, co-pays, reimbursements, payments, etc.)
- Provide direct financial support (to siblings, parents, children, etc.)
- Manage savings & financial investments
- File tax returns
- Manage legal issues
- Make legal decisions
- Accompany to financial & legal meetings and errands

For each Financial & Legal Support activity you have experienced (done for yourself or others, or have had others do for you), mark how often the activity occurred.

Activity ↓	Frequency →	F	D	W	M	Y	R

Space for reflections and notes about Financial & Legal Support activities:

Other Activities

What other ways have you shown care in your community? Have you volunteered at local shelters? Donated to emergency services like Red Cross? Brought the mail to your neighbor (safely)? What are some other ideas where you have given or received care?

For each Other activity you have experienced (done for yourself or others, or have had others do for you), mark how often the activity occurred.

Activity ↓	Frequency →	F	D	W	M	Y	R

Space for reflections and notes about Other activities:



Atlas of Caregiving is a California-based nonprofit. Atlas believes in inspiring people to see and appreciate the common humanity in our lives and in our communities so that we can all better care for ourselves and each other. Our mission is to transform how we care for ourselves and our communities through innovative research, practical solutions, and rich collaborations.

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