



BRIGHT Workshop

Building Resilience &
Inner Strength for
Caregivers of Persons
with Memory Loss

Session 3

1

Today's Topics

01



**Examining
Your
Support
Team**

02



**Creating
Your
CareMap**

03



**Sharing
Your
CareMap**

2

Check In

Session 2: Positive Activity Log

- ✓ Did you do the activities you scheduled?
- ✓ If not, what happened?
- ✓ What do you need to do to make sure there are positive activities in your daily schedule?
- ✓ How can you adapt your schedule?
- ✓ What did you notice as you did your positive activities?

Session 2: Shared Positive Activities

- ✓ Did you do the activities you scheduled?
- ✓ If not, what happened?
- ✓ If you did, was there any change?

Session 1: Power of Balance – Week Two

- ✓ Is everyone still journaling?
- ✓ Have you noticed any changes – small or large?

Session 1: Mindful Breathing

- ✓ Did you continue to set aside some time each day to do your mindful breathing?
- ✓ Were you able to use mindful breathing when in the midst of a stressful caregiving situation? The more you can practice this skill and learn how to calm yourself, the more you'll use it when you are stressed from caregiving.



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Recognizing Your Inner Strengths

Factors associated with resilience are:

- Ability to develop & maintain supportive relationships
- Making realistic plans & following them
- Ability to communicate clearly
- Skills in problem solving
- Your confidence in your ability to use these strengths



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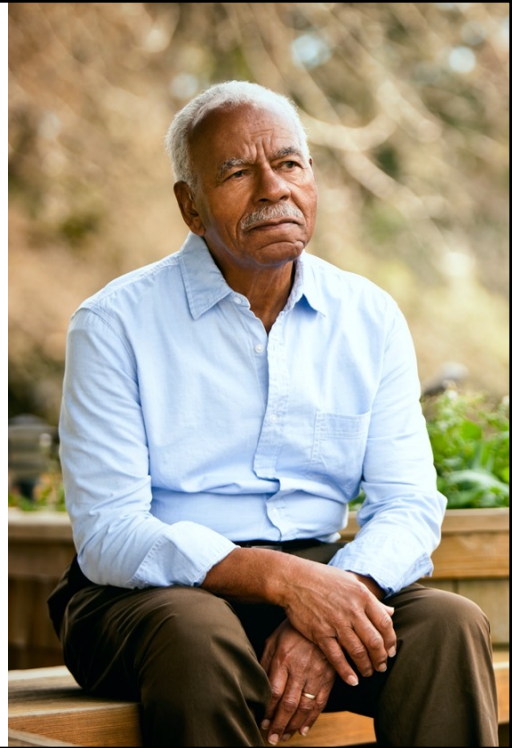
Examining Your Support Team

Important factor for resilience

- Ability to develop & maintain supportive relationships
- Without relationships you are at risk for isolation

Atlas CareMap

- Identify who is part of your care team
- Drawing your family's care ecosystem



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Why Draw a CareMap?

- ✓ Appreciate what is working well
- ✓ Plan for potential difficulties
- ✓ Manage your team
- ✓ Identify missing people or areas
- ✓ Communicate with everyone



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ATLAS OF CAREGIVING Practice Record 3.1: Atlas CareMap

Who cares for you or supports you?

Your name: _____

Who else is in your household?

| | |
|--|--|
| Whom do you care for? | |
| a. | b. |
| If 'a' does not live with you, who else is in their household? | If 'b' does not live with you, who else is in their household? |
| Who else cares for 'a'? | Who else cares for 'b'? |

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Atlas CareMap Step by Step

Who lives with you?

Put their names here. Pets too!

Who else is in your household?

Who do you care for, & who else cares for them?

Enter the names of the people you care for
 Enter the names of those who live with them
 Enter the names of whoever else cares for them

Whom do you care for?

a.

b.

If 'a' does not live with you, who else is in their household?

Who else cares for 'a'?

Who cares for or supports you?

Put the names down of those that give you emotional support or provide time so you can get stuff done.

ATLAS OF CAREGIVING Atlas CareMap Worksheet

Who cares for you or supports you?

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ACTORS

- People = stick figures
- Groups of people = a box around 3 stick figures
- Professionals (Drs, OT, etc.) = a triangle
- Pets (important solace for both CR and CG) = a circle
- Facilities & services (home nursing, day programs) = a square

LINKS

- Bolder the line = the more frequent the care
- Arrow head denotes direction – head points toward the person getting the support
- Frequently (multiple times in a day) = bold arrow
- Daily (once a day) = regular line
- Weekly (once a week) = dashed line
- Occasionally (anything less than weekly) = dotted line



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Atlas CareMap Step by Step

1

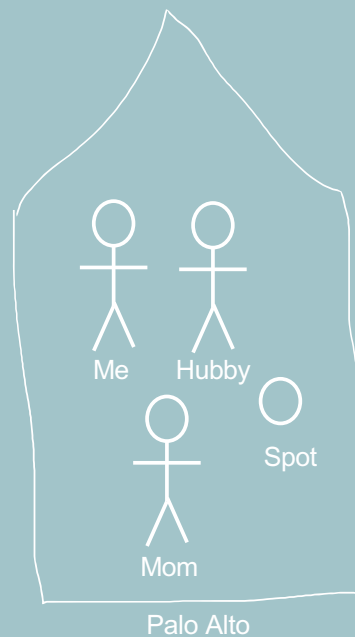
Enter your name and date at the top of the drawing sheet.

2

Draw yourself and the other Actors who live with you in the middle of the page.

Be sure to write their names.

Then draw a house around this group and enter the location.



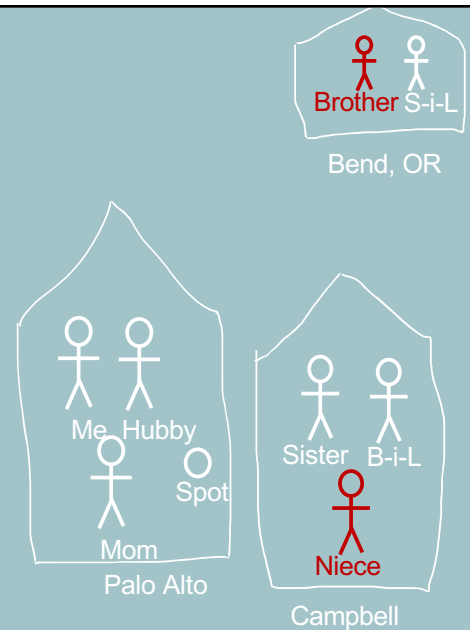
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Atlas CareMap Step by Step

3

**Draw the Actors you care for
& those who live with them.**

Draw them near you or
near the edges of the paper
depending on how far
away they are.



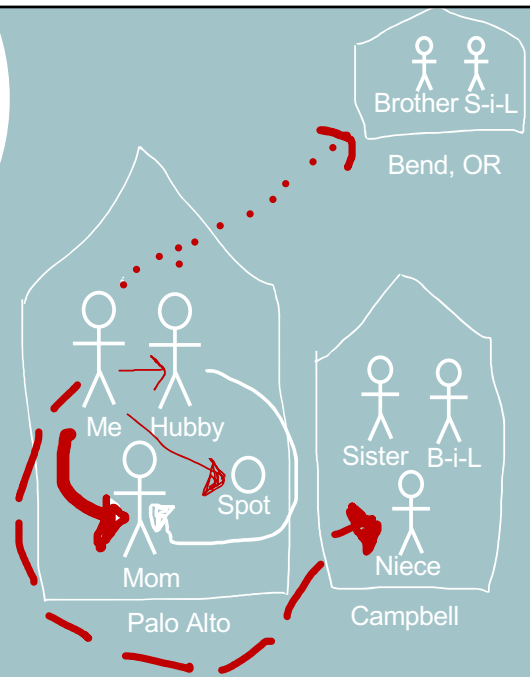
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Atlas CareMap Step by Step

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Draw Links to show who you care for.

Arrow goes from you to them
Draw the type of arrow that
reflects how frequently you care for them.



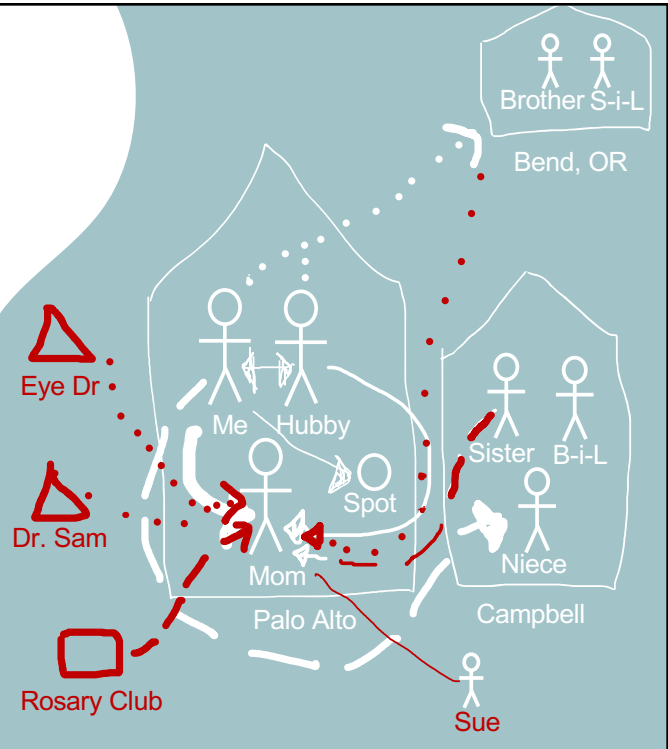
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Atlas CareMap Step by Step

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Next draw other Actors who care for those you care for, and their Links.

Doctors,
Organizations,
Friends,
Clubs



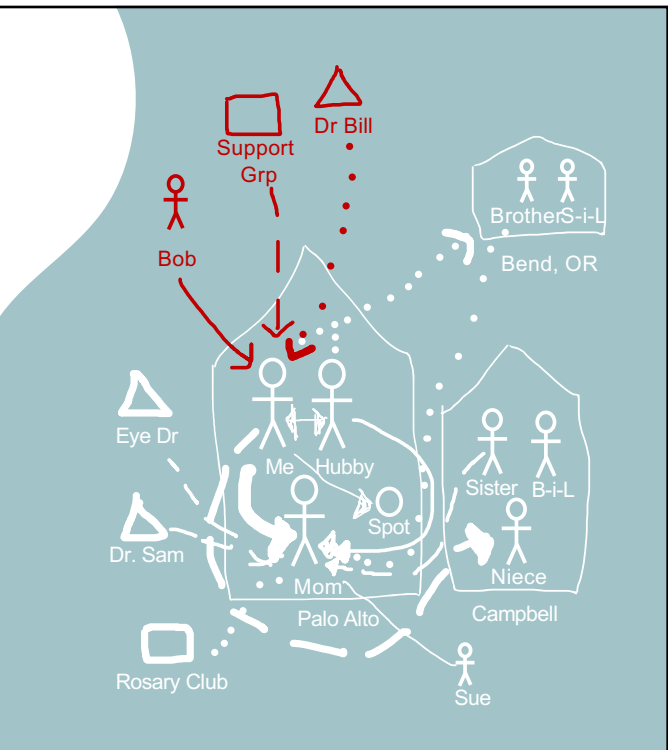
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Atlas CareMap Step by Step

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Draw the Actors who care for or support you, and their Links.

Friends,
Neighbors,
Agencies,
Support groups,
Organizations



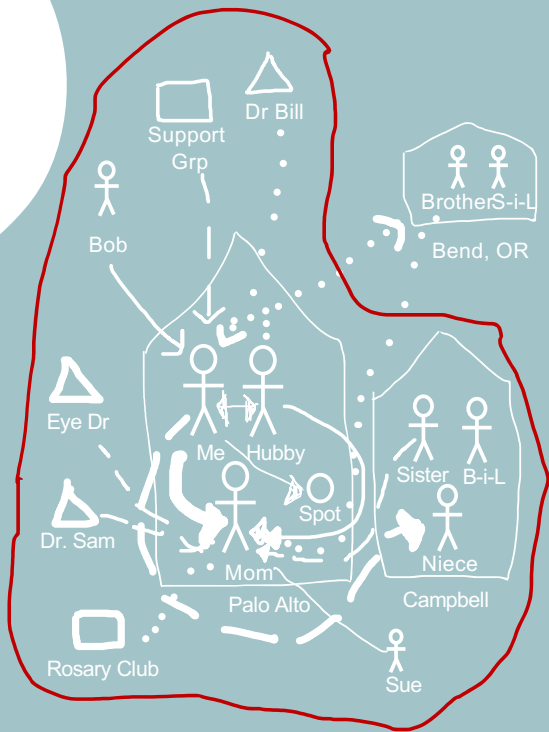
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Atlas CareMap Step by Step

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Draw a line to encircle those who are near you.

These are people close enough that they can visit if needed without much hassle – within twenty minutes of you. Everyone inside this circle is Near. Many people choose to include “online friends” within the Near circle.



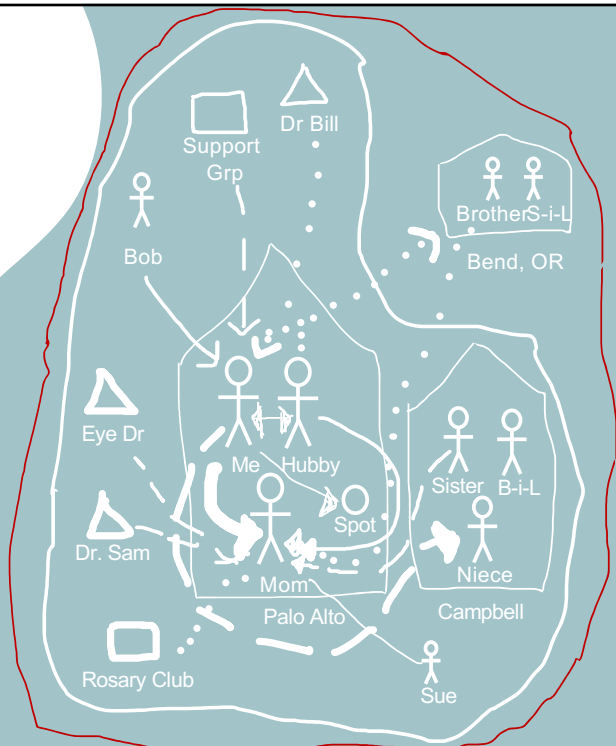
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Atlas CareMap Step by Step

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Finally draw another line to indicate those who are far from you.

We suggest more than two hours from you. Everyone outside this circle is Far.



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Sharing & Reflecting

Important to share your CareMap

- In the workshop
- With a friend
- With your Care Team

Reflecting

- Series of question to ponder on page 15 in your workbook

<https://atlasofcaregiving.com/wp-content/uploads/2015/05/Seeing-the-Invisible-v1.pdf>

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Take Away

- Identifying your care team will help you to:
 - appreciate what is working well
 - plan for potential difficulties
 - manage the people involved
 - identify missing people and services
 - communicate with everyone
- Identifying your unmet care needs is the first step that you have to do, so that then you can begin to think and plan for how to get these needs met.

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Home Practice: Making It Work in Your Life



Skill 1: Further Develop your CareMap

- First draft done in class
- Review and add to it when you are at home
- Optionally you can transfer your draft to your computer via Atlas CareMap at <https://atlascaremap.org/>

Skill 2: Reflect on CareMap

- Reflect on the questions discussed in session and found on page 15 of your workbook.
- Figure out what your unmet needs are, and begin to think about how to get them met.

Skill 3: Share your CareMap

- Share your CareMap with at least one person in your Care Network.

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See you next week!

Do you have any questions?

Dolores Gallagher Thompson, PhD, ABPP
dolorest@stanford.edu

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