

## Atlas CareMap: Ask Yourself

As you work on your Atlas CareMap here are some questions to think about.

1. Who is really important and what happens when they aren't there?
2. Are the different people in your CareMap aware of each other and what everyone is doing?
3. What kinds of care and skills do people provide think broadly – practical (medical assistance, transportation, research, etc.) as well as social (companionship, laughter, comfort, etc.)
4. How are the responsibilities divided?
5. How do you communicate, coordinate, and negotiate with everyone?
6. Have you forgotten any one important? (Spouses/siblings are often overlooked!)
7. Are there relatives or friends who could be more involved?
8. Are there professionals or services that are missing and needed?
9. What is good in your current situation, what would you not want to change?

Remember your CareMap is there to help you to:

appreciate what is working well,  
to plan for future difficulties,  
manage your team,  
identify who or what is missing, and  
find the best way to communicate with everyone.

This is a living document. It is good to come back to it whenever something changes or every few months and edit it to reflect your reality in that moment.



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**ATLAS OF CARE**