







1

## Ground Rules

- 
**TIME**  
 90 minutes long  
 May need to interrupt
- 
**PARTICIPATION**  
 Is voluntary but,  
 Best way to learn
- 
**PRIVACY**  
 Said in the group,  
 Stays in the group
- 
**SURROUNDINGS**  
 Check screen visibility,  
 Reduce noise
- 
**IF DUTY CALLS**  
 Leave to do what you need  
 Come back when you can

2

## Introductions



Your Name

Who you are caring for and their diagnosis

One thing you hope to learn today

3

## Today's Topics



Defining Bouncing Back



Finding Balance in your Day



Your Support Team

4

## Bouncing Back

Part of what helps you to bounce back is resilience

Skills associated with resilience are:

- Developing & maintaining supportive relationships
- Making realistic plans & following them
- Communicating clearly
- Skills in problem solving
- Your confidence in your ability to use these skills



5

## Creating Balance

Caregivers have trained themselves to be prepared

- Watching the next crisis
- Slowly becomes the first and sometimes only thing you see
- Ignore the positive

However the mind can be retrained

Changing your view of the world

- Broadening view to make room for the positive again
- Just be happy? How?

6

## Creating Balance



Gratitude	Kind Act	Positive Experience
Giving Thanks	Doing for Others	Something Nice
Helps us to focus on the good things	Helps you feel good about yourself	Impacts current mood
Encourages us to feel positive emotions	Reminds you to take care of yourself	Changes future expectations

7

## Three Paths to Happiness

Two minutes a day for 21 days in a row

Write down 3 things:

- ✓ A Gratitude
  - something you give thanks for
- ✓ A Kind Act
  - something nice you've done for someone
- ✓ A Positive Experience
  - something good that has happened to you

Review at the end of each week

**Three Paths to Happiness**

**Gratitude**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**Kind Act**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**Positive Experience**

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

OPTIMAL AGING CENTER  
[www.optimalagingcenter.com](http://www.optimalagingcenter.com)  
[info@optimalagingcenter.com](mailto:info@optimalagingcenter.com)

8

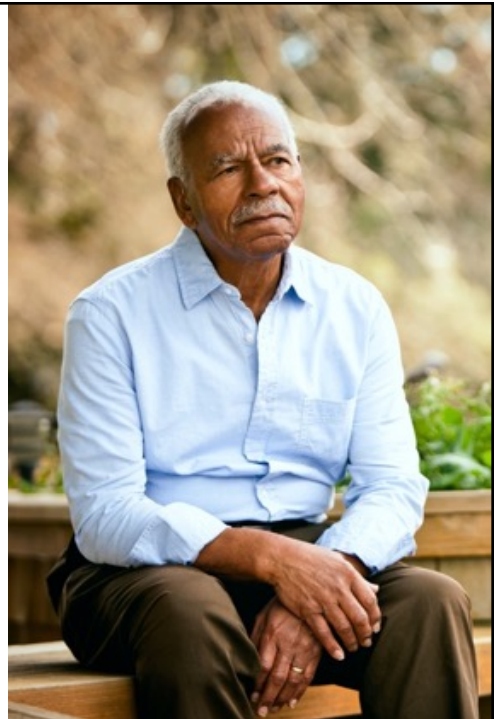
## Looking at Your Support Team

### Important for bouncing back

- 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



9

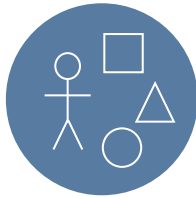
## Why Draw a CareMap?

- ♥ Appreciate what is working well
- 📅 Plan for potential difficulties
- 👥 Manage your team
- 👤 Identify missing people or areas
- 💬 Communicate with everyone



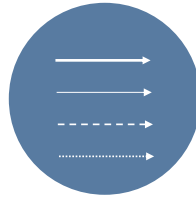
10

## Looking at Your Support Team



### ACTORS

People  
Pets  
Professionals  
Places



### LINKS

Arrows that connect  
Who cares for whom  
Frequency of care

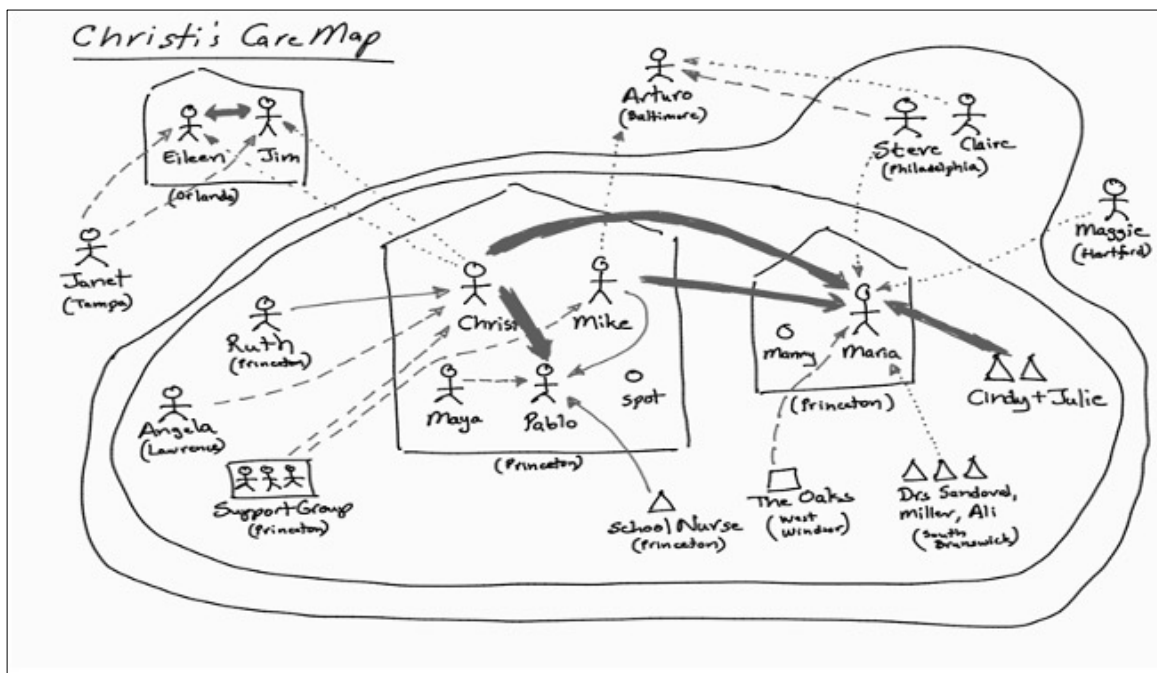


### PLACEMENT


How far away  
they live

11

E  
X  
A  
M  
P  
L  
E



12



ATLAS OF CAREGIVING


Atlas CareMap Worksheet

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'?

This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License. 

13

## Atlas CareMap Step By Step

**Who lives with you?**  
Put their names here.  
Pets too!

**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

**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.

Who else is in your household?

Whom do you care for?

a.

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






Who else cares for 'a'?





Atlas CareMap Worksheet







Who cares for you or supports you?





14


Atlas CareMap of \_\_\_\_\_ Date \_\_\_\_\_

**Actors:** people  groups of people  professionals  pets  facilities & services 

**Links:** frequently  daily  weekly  occasionally 

Actors: people  groups of people  professionals  pets  facilities & services   **ATLAS OF CAREGIVING**

Links: frequently  daily  weekly  occasionally 

This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License. 

15

## Atlas CareMap Step By Step

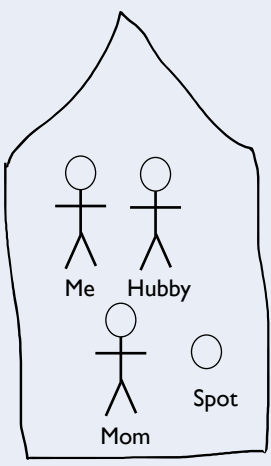
- 1**

*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.



Palo Alto

16

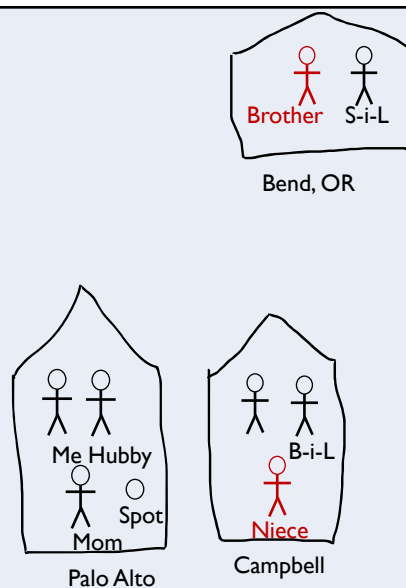


## Atlas CareMap Step By Step

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.*



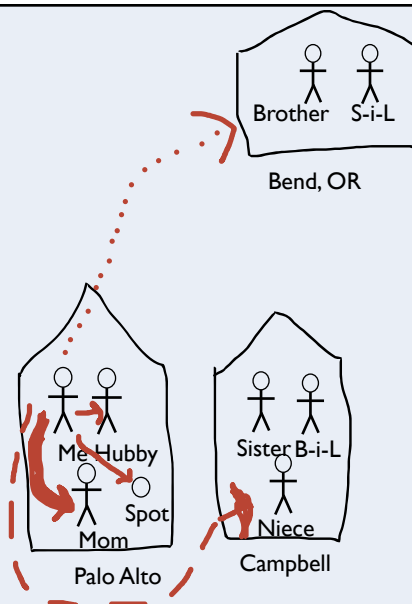
17

## Atlas CareMap Step By Step

4

**Draw Links to show who  
you care for.**

*Remember the arrow goes  
from you to them and draw  
the type of arrow that reflects  
how frequently you care for  
them. (see bottom of sheet).*



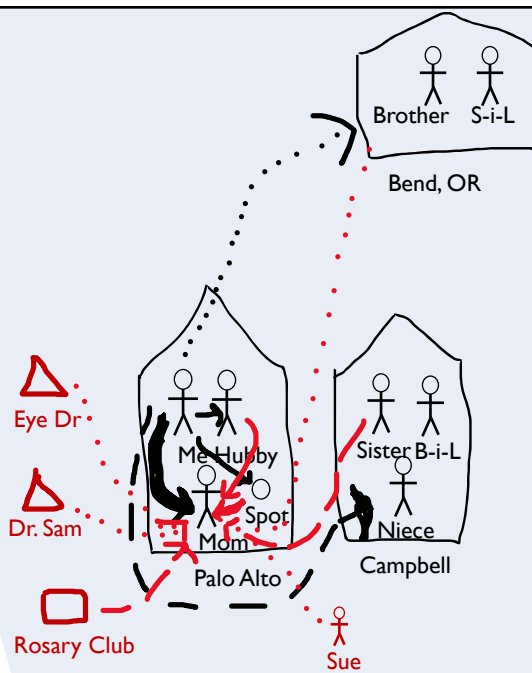
18

# Atlas CareMap Step By Step

5

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

Doctors,  
Organizations,  
Friends,  
Clubs



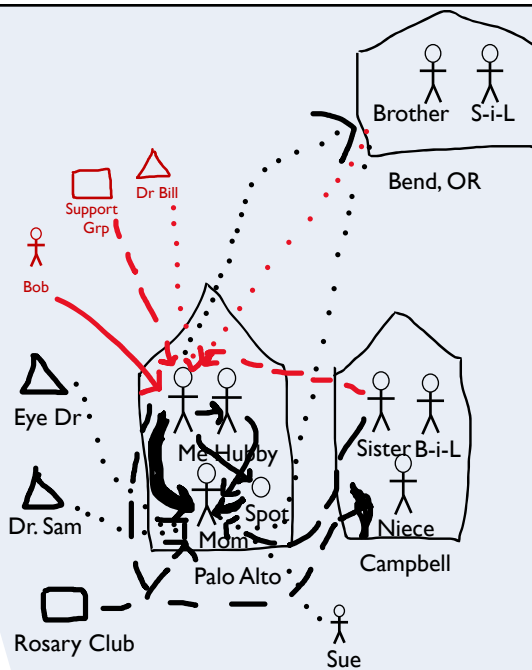
19

# Atlas CareMap Step By Step

6

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

Friends,  
Neighbors,  
Agencies,  
Support groups,  
Organizations



20

## Atlas CareMap Step By Step

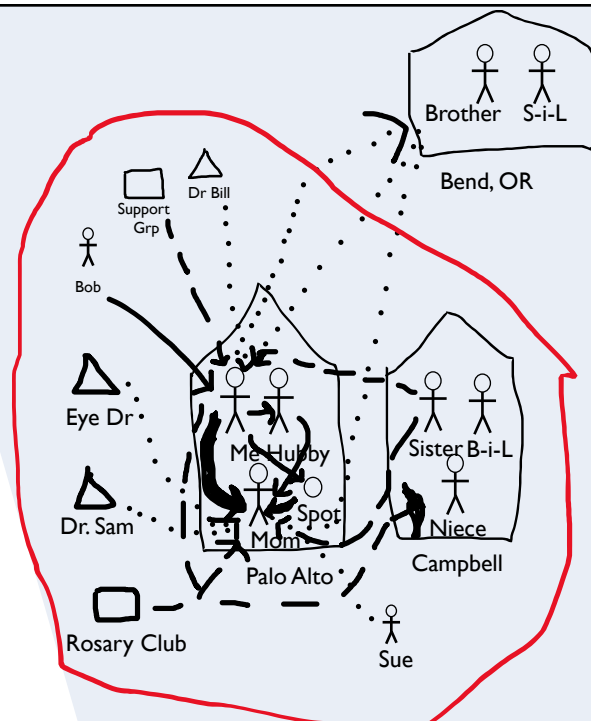
7

**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.



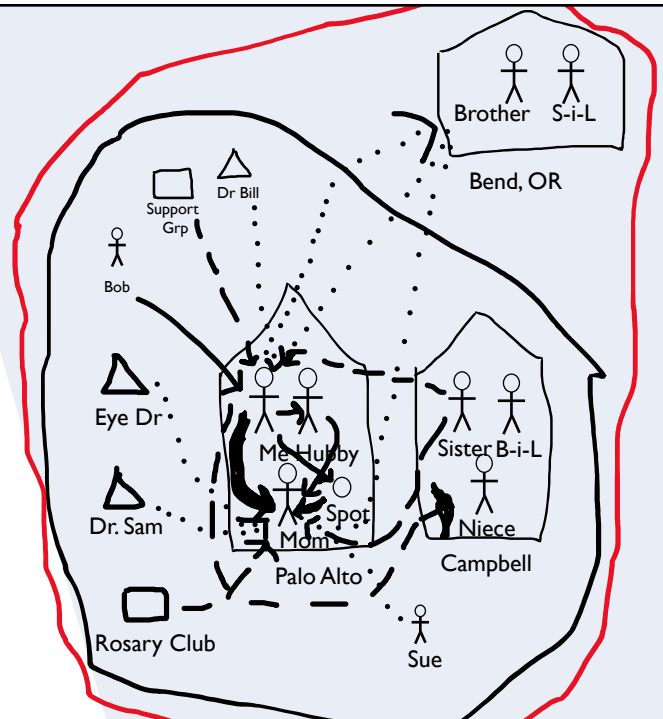
21

## Atlas CareMap Step By Step

8

**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.



22

## Sharing Your CareMap

### Important to share your CareMap

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

### Questions to Think About

- Who is really important and what happens when they aren't there?
- Are the different people in your CareMap aware of each other and what everyone is doing?
- 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.)
- How are the responsibilities divided?
- How do you communicate, coordinate, and negotiate with everyone?
- Have you forgotten any one important? (Spouses/siblings are often overlooked!)
- Are there relatives or friends who could be more involved?
- Are there professionals or services that are missing and needed?
- What is good in your current situation, what would you not want to change?

23

## Take Away

The ability to bounce back from a crisis is something you can work on and make better

Rewiring your brain to look for the positive can increase your sense of well-being

Identifying your care team will help you to:

- appreciate what is working well
- plan for future difficulties
- manage the people involved
- identify missing people and services
- communicate with everyone

24

## Making This Work for You

Pick One

### Looking for the Positives

Write down 3 things – Three Paths to Happiness:

- A Gratitude: something you give thanks for
- A Kind Act: something nice done for someone
- A Positive Experience: something good that has happened




2 minutes a day for 21 days

### Refining Your Atlas CareMap

- First draft done in class
- Review and add to it when you are at home
- Answer the review questions on the handout
- Share your CareMap with someone on your team



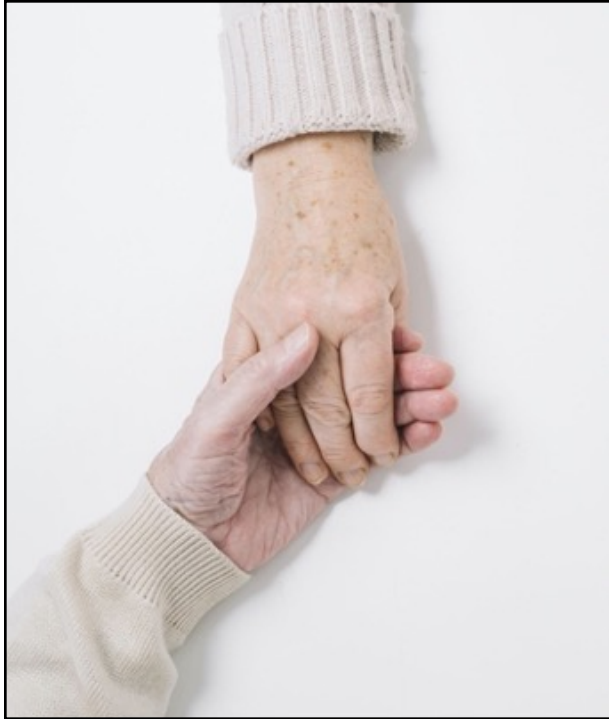
Set a Deadline	Why this one?	What will you pair it with?	Optional Break it Down	Reminders	Run into Problems Getting it Done?
Be realistic in your deadline.	How will this help you?	Do it with something you already do.	Take large tasks & break it into steps.	Phone Alarms Post-Its Tape to Mirror	 ID the issue Brainstorm solutions Try it out

25

Before  
you leave,  
Please  
complete  
our poll.



26



**Thank You!**

Do you have any questions?

Ann Choryan Bilbrey, PhD  
[ann@optimalagingcenter.com](mailto:ann@optimalagingcenter.com)