

# Atlas CareMap Workshop

Co-hosted with Compassionate Communities Kingston Canada



Host and Moderator: Bonnie Tompkins

Presenters: Cynthia Beach

Date: March 23, 2022

# Territorial Honouring



# The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

**Stay connected: [www.echopalliative.com](http://www.echopalliative.com)**

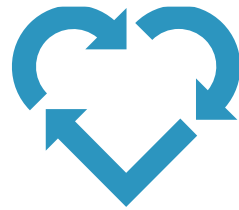
# Thank You

The Palliative Care ECHO Project and the Atlas CareMap resources are supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



# Acknowledgement

Thank you to Atlas of Care for their tremendous resource and for allowing Pallium Canada to share and adapt.



**ATLAS OF  
CAREGIVING**

# Introductions

## Host and Moderator

**Bonnie Tompkins**

Compassionate Communities National Lead

## Presenter

**Cynthia Beach**

Board Member

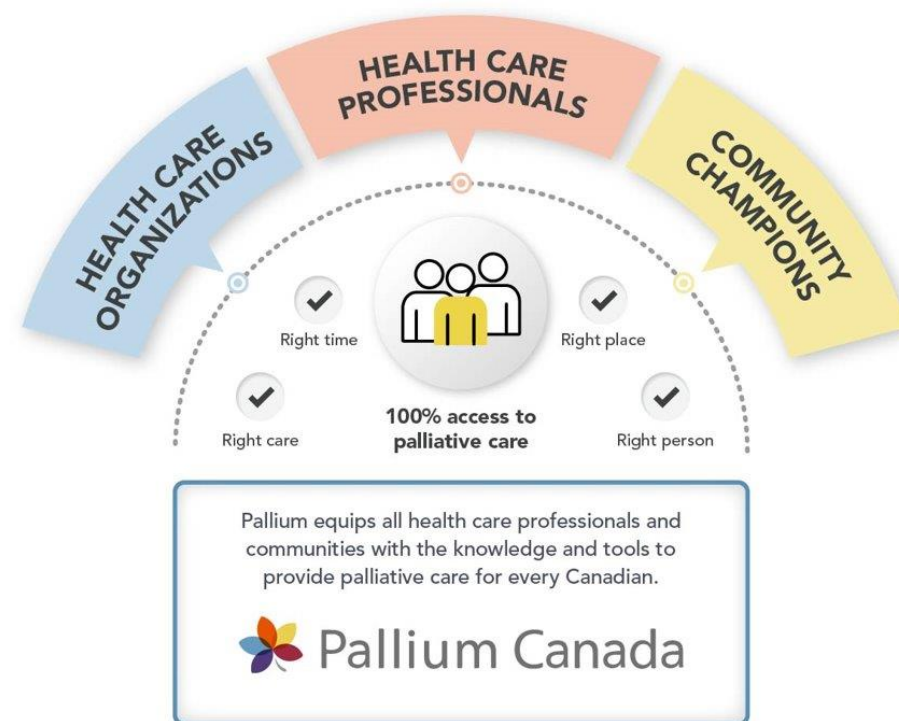
Compassionate Communities Kingston Canada

# Welcome and Reminders

- Please introduce yourself in the chat!
- Your microphones are muted. There will be times during this session for questions and discussion.
- You are also welcome to use chat function to ask questions, add comments or to let us know if you are having technical difficulties.
- During the activity, you will need to make sure you are not using a zoom background.
- This session is being recorded and will be emailed to registrants within the next week.
- Remember not to disclose any Personal Health Information (PHI) during the session

# About Pallium Canada

- National, non-profit founded in 2000
- Building capacity
- Transforming practice and settings
- Research and technology-driven solution provider
- Empowering communities



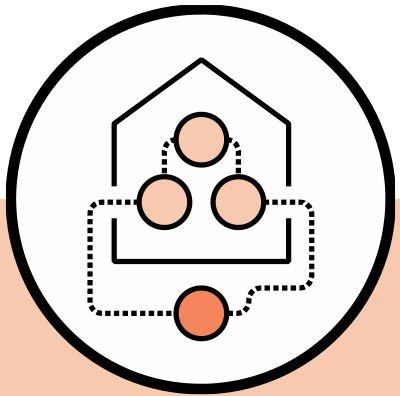


# Compassionate Communities Kingston Canada

A compassionate community – the sort we'd all like to live in – is one where sickness and health, birth and death, love and loss are regarded as natural events. In times of crisis and bereavement community members watch over one another caringly.

- Contact us: [info@compassionatekingston.ca](mailto:info@compassionatekingston.ca)
- Advanced Care Planning
- Community Connectors
- Faith Communities
- Health Care Connectors

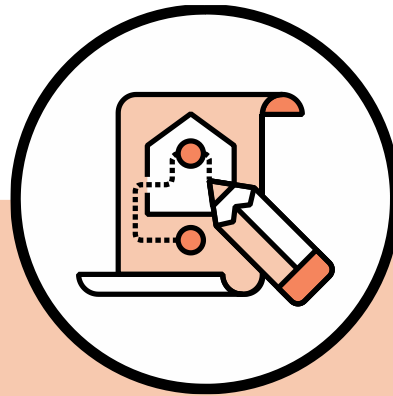
# Learning objectives:



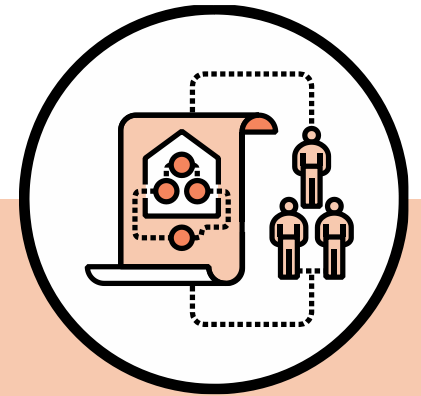
Understand  
what a Care  
Map is



Understand  
the benefits of  
having a Care  
Map



Learn how  
to create a  
Care Map



Learn how  
to share the  
Care Map with  
others



# Agenda:

Introduction

Part 1: What a Care Map is and why it's helpful

Part 2: Creating your Care Map

Part 3: Putting your Care Map to work

Part 4: Where to look for additional support

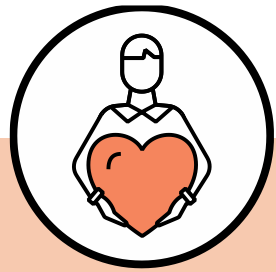
Closing remarks

# Definitions:



## CAREGIVER

a person who takes on an unpaid caregiving role for someone who needs help because of a physical or cognitive condition, an injury or a chronic life-limiting illness



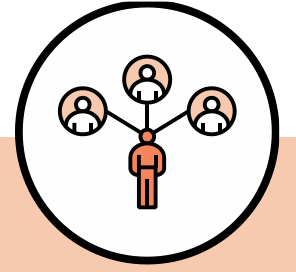
## CARE RECIPIENT

the person receiving care



## HEALTH CARE PROFESSIONAL

any member of the medical profession providing care



## SUPPORT NETWORK

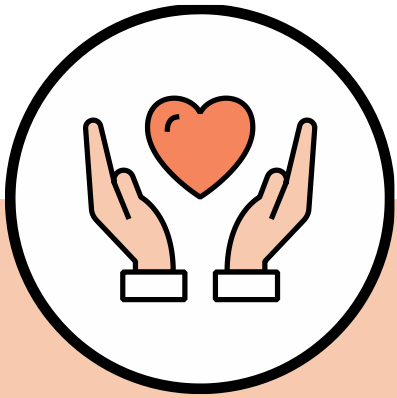
the individuals around you who support you physically and emotionally



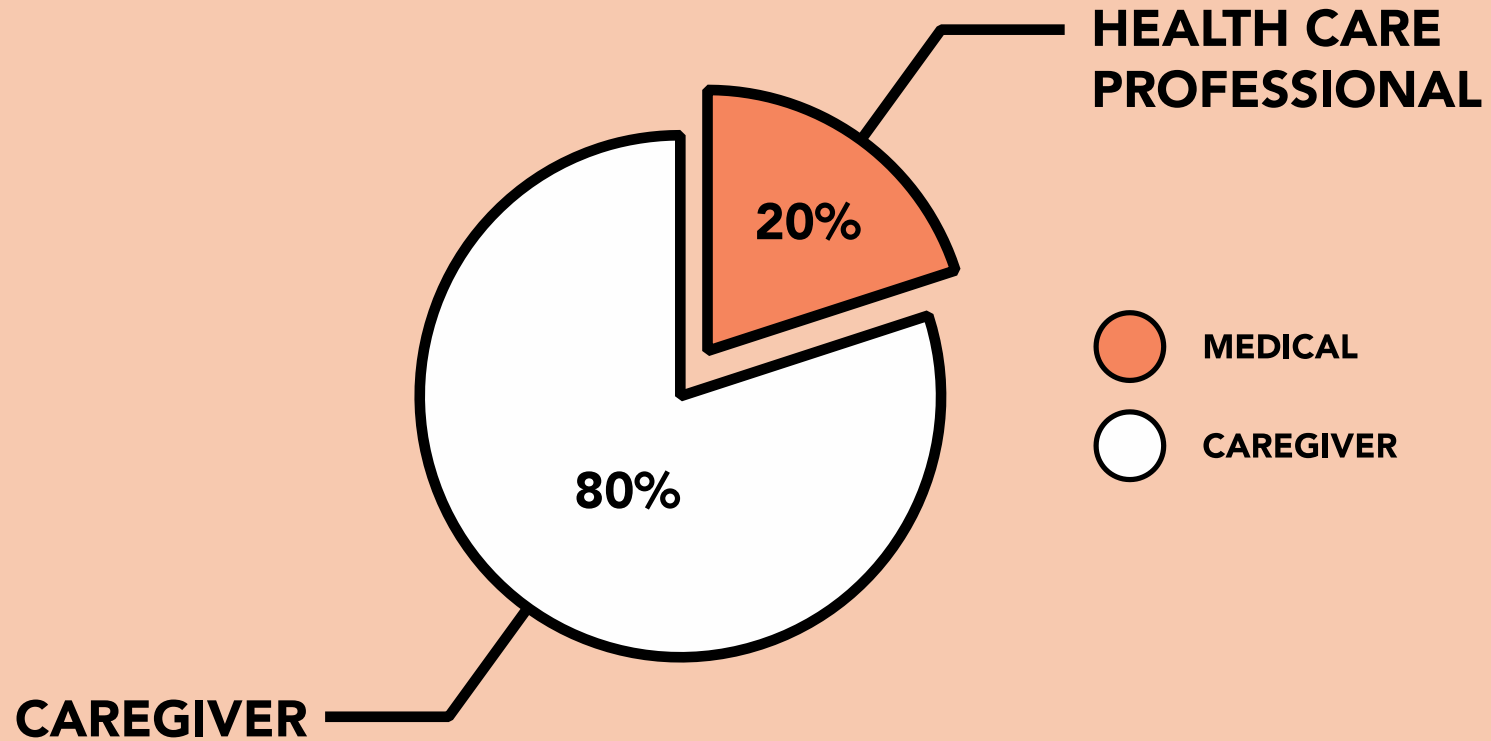
## Activity time

**Question:** Select the answer below that best describes why you want to learn how to create an Atlas CareMap?

- 1) I am a caregiver
- 2) I want to support caregivers personally
- 3) I want to support the caregivers in my practice
- 4) I want to support the caregivers my organization serves
- 5) Other

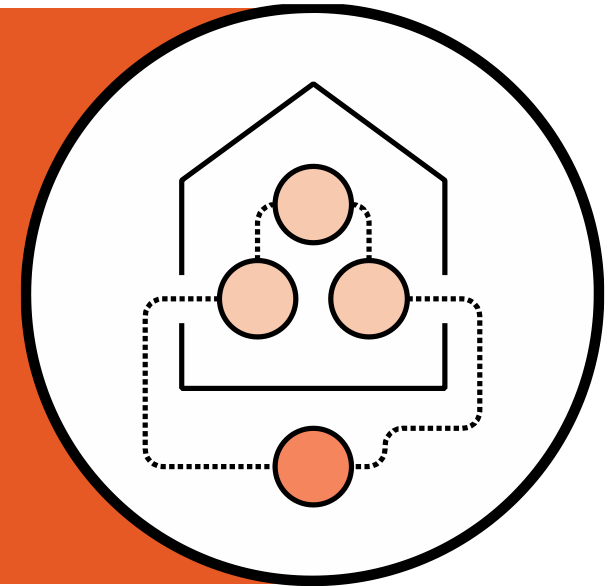


# Who provides the care?



## PART 1

# WHAT A CAREMAP IS AND WHY IT'S HELPFUL





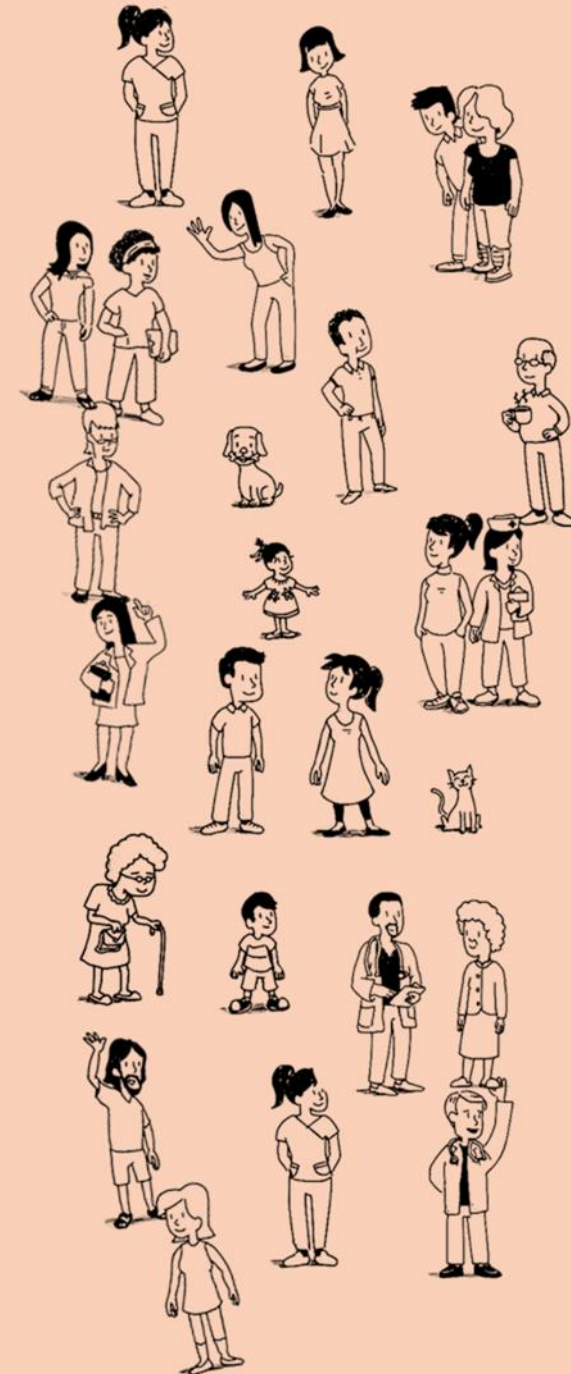
# What a Care Map is

A Care Map is a simple, visual diagram of the people involved in providing care

## Helps...

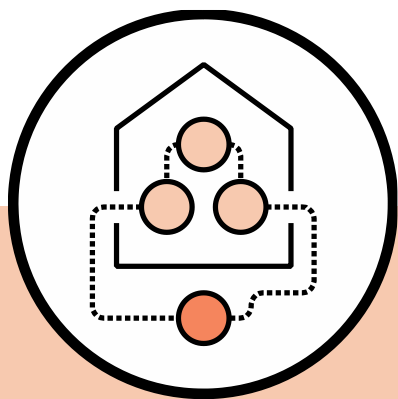
- Strengthen your support network
- Organize caregiving tasks and activities
- Highlight areas where additional support is needed

Will help you clearly understand **YOUR** caregiving experience

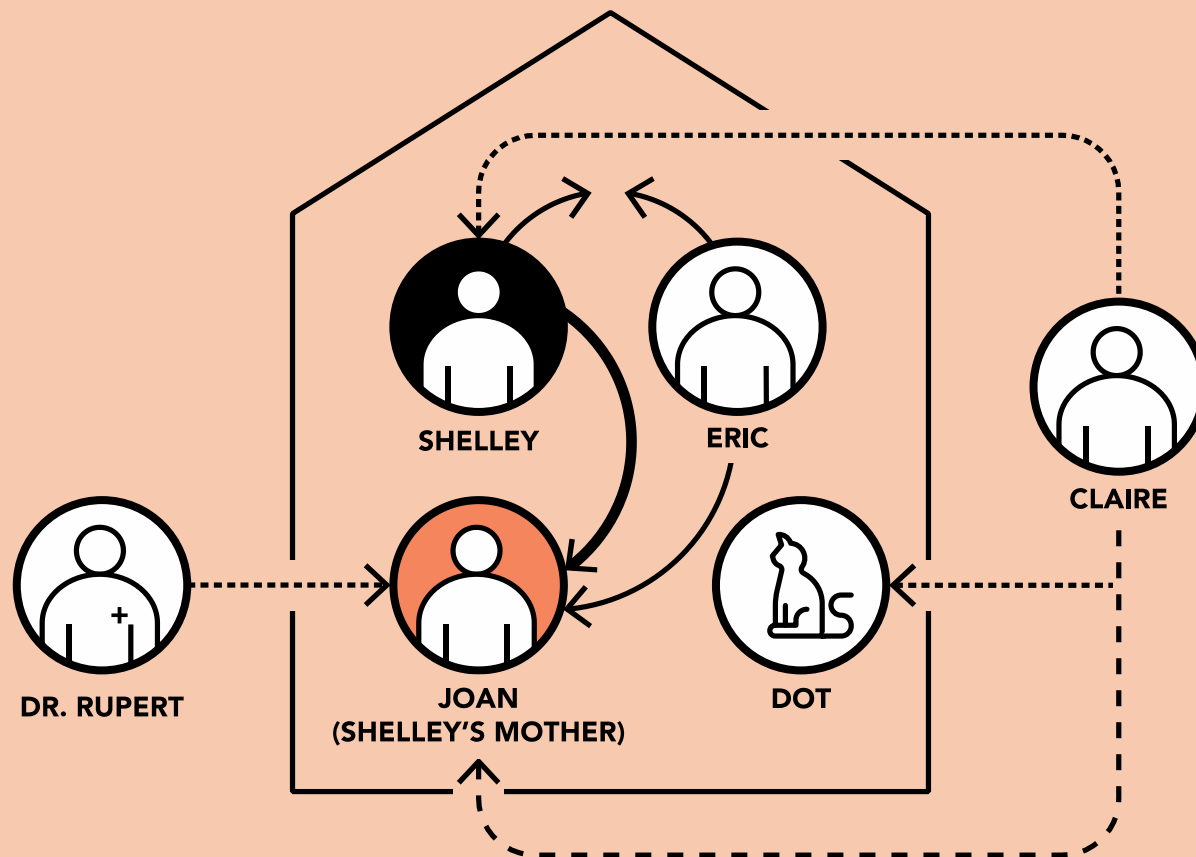




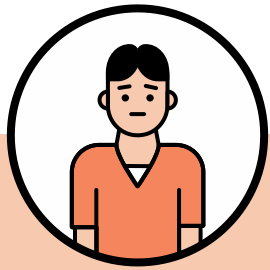
PART 1



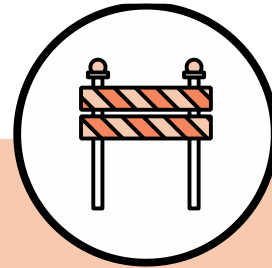
# What a Care Map might look like



# Letting family and friends support you: Making it the new normal

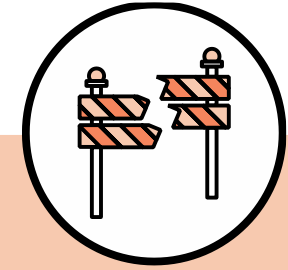


People can find it challenging to ask for or accept help from family and friends — despite a clear need for support



Barriers to taking action include:

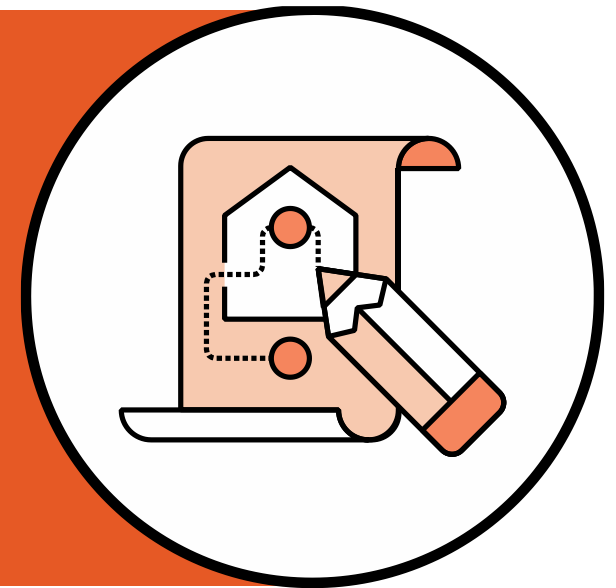
- The person doesn't want to appear weak
- The person doesn't want to appear not in control
- The person doesn't want to be a burden to others



We need to break these barriers down and make the idea of *helping* a normal part of the community!

## PART 2

# CREATING A CARE MAP



PART 2



# Your turn!

FREQUENTLY



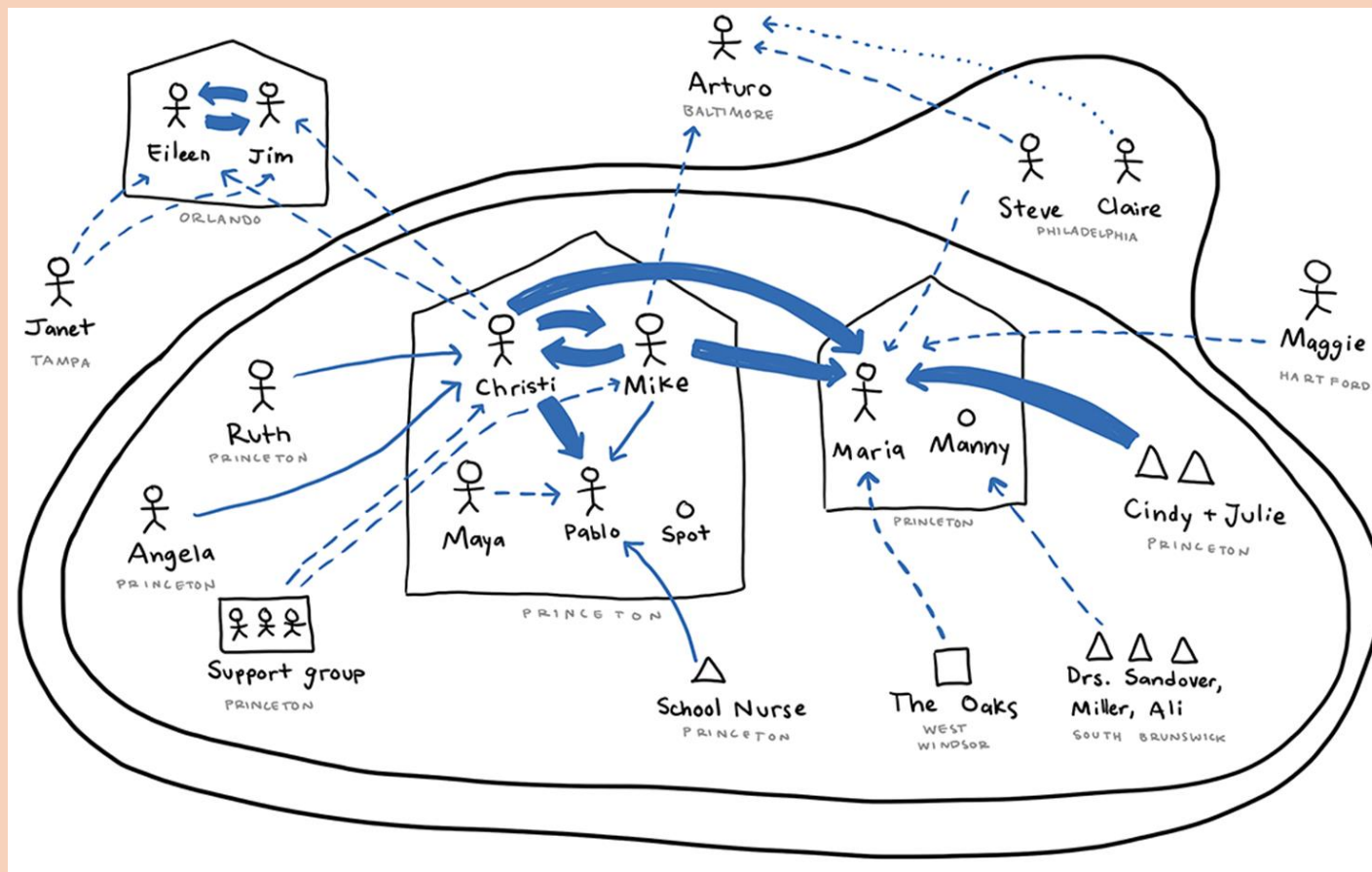
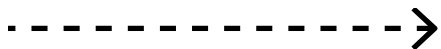
DAILY

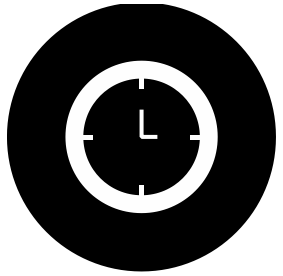


WEEKLY



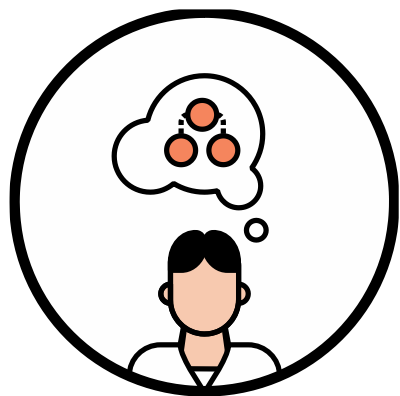
OCCASIONALLY





# Quick tips on how to draw your Care Map

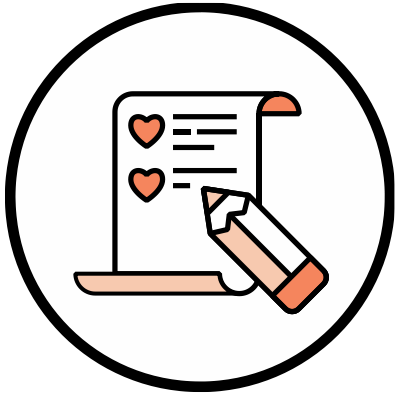
- Draw yourself in the center of the page and add the people who live with you. Draw a house around them.
- Add anyone you care for to the map.
- Add anyone who also cares for the people you care for.
- Add the people that support you.
- Draw arrows to show the relationships between the people on your map.
- Add all the health care professionals who care for you and the care recipient.



## Time to reflect on your Care Map

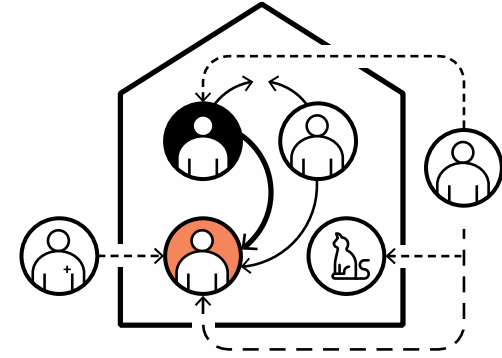
- Now that you've created your care map:
  - Take time to review it





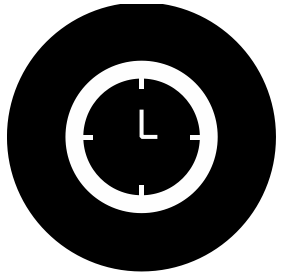
## Create a Wish List

- Identify key tasks or activities to improve the care recipient and caregiver's quality of life
- Track activities that you would like additional support to achieve
- Use it to broaden your support network



Wish List

- Tending garden
- Walking dog
- Spending time with friends
- Evening walks with Joan



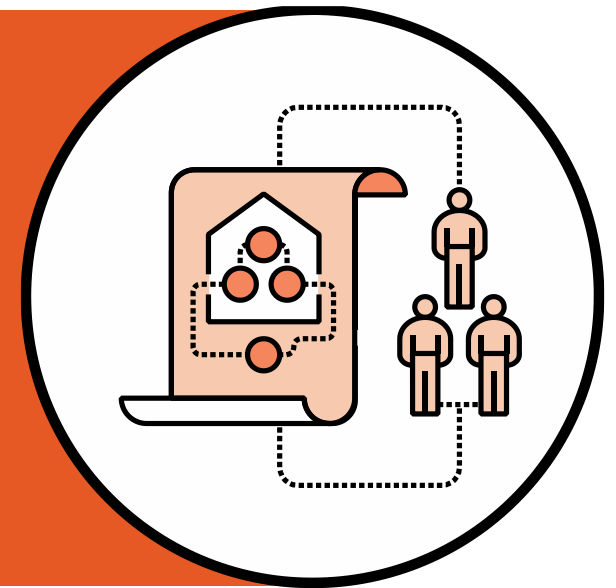
# Questions to ask yourself when reflecting

1. What else would you like to see in your caregiving experience that would bring you more joy?
  - Could family or friends help with this?
2. What happens once someone in your circle is no longer able to support or, or cannot show up for a day/week?
  - Set up a plan for a second person that can step in
  - How can you prepare them to do so?
3. Are there key people or professionals missing from your map?



## PART 3

# PUTTING YOUR CARE MAP TO WORK



## PART 3

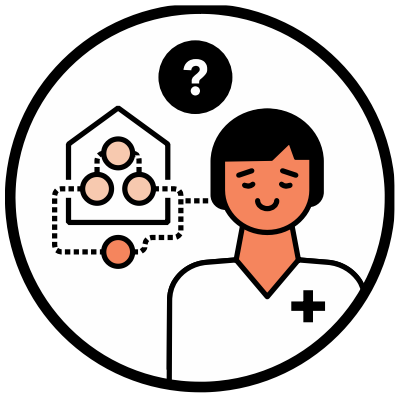
# Guides to help you share your Care Map

Pallium Canada has created two guides to help you when sharing your Care Map with your family and friends, along with any health care professionals.

The following guides were included in your Welcome Package and are available for download on Pallium's website.

- *Sharing Your Care Map with Family and Friends*
- *Sharing Your Care Map with Health Care Professionals*





# How to share it with your health care professional

## Steps for sharing your Care Map:

- **Step 1:** Be prepared to explain the purpose of a Care Map and why you created one.
- **Step 2:** Prepare a list of questions you want to ask the health care professional
- **Step 3:** Bring your Care Map with you to all appointments as a print document or take a picture on your phone

## The benefits of sharing your Care Map:

- Increase awareness of all non-medical tasks and your support network
- Match patient's wishes to the medical care they receive
- Help identify missing services

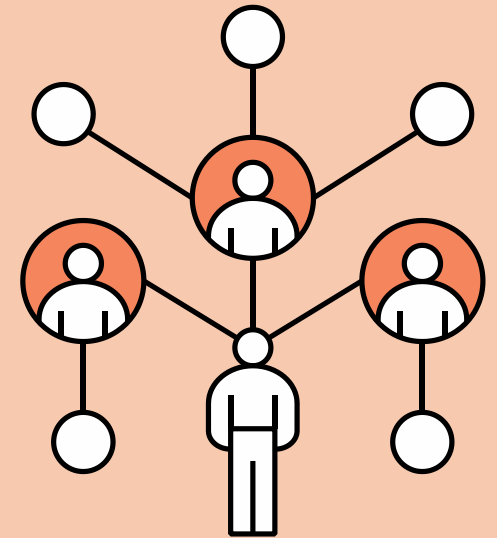


# Broadening your support network

Highlighting your Wish List will increase your support network

## How?

1. You can ask friends, family, and health care professionals for help addressing the tasks and activities on the Wish List
2. You can show the Wish List to people who want to help
  - Let them pick from the list





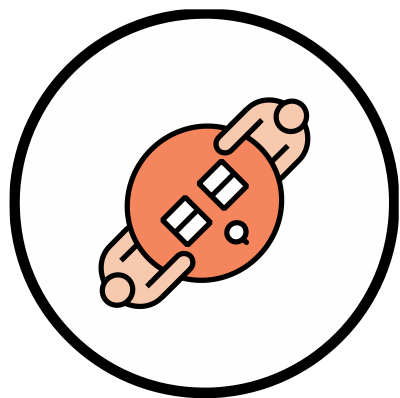
## Conversation tips to help with barriers

As a caregiver, how do I respond when someone says they are unable to help?

- Thank them for being honest with you

While helping create a map with a caregiver, they express they have no connections (isolated) - How do I respond?

- Ask them to think about the people they often see or the places they visit. Do they have anyone who asks them how they are?
- Sometimes people need to think about their daily interactions to see that they do have connections with others



## Activity Time!

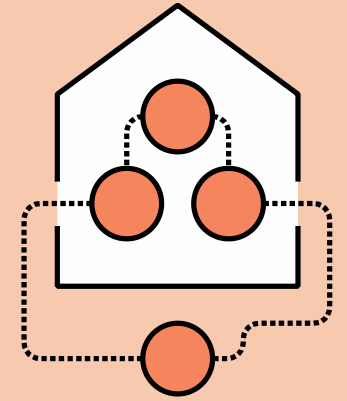
- Meet your partner in the breakout room
- Now introduce your Care Maps to each other

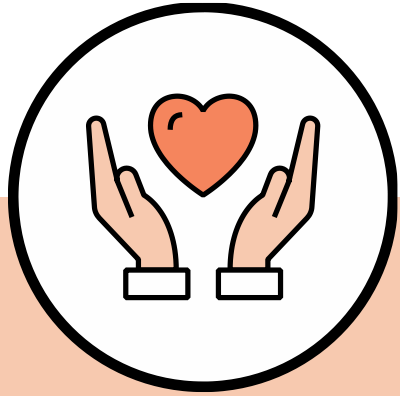




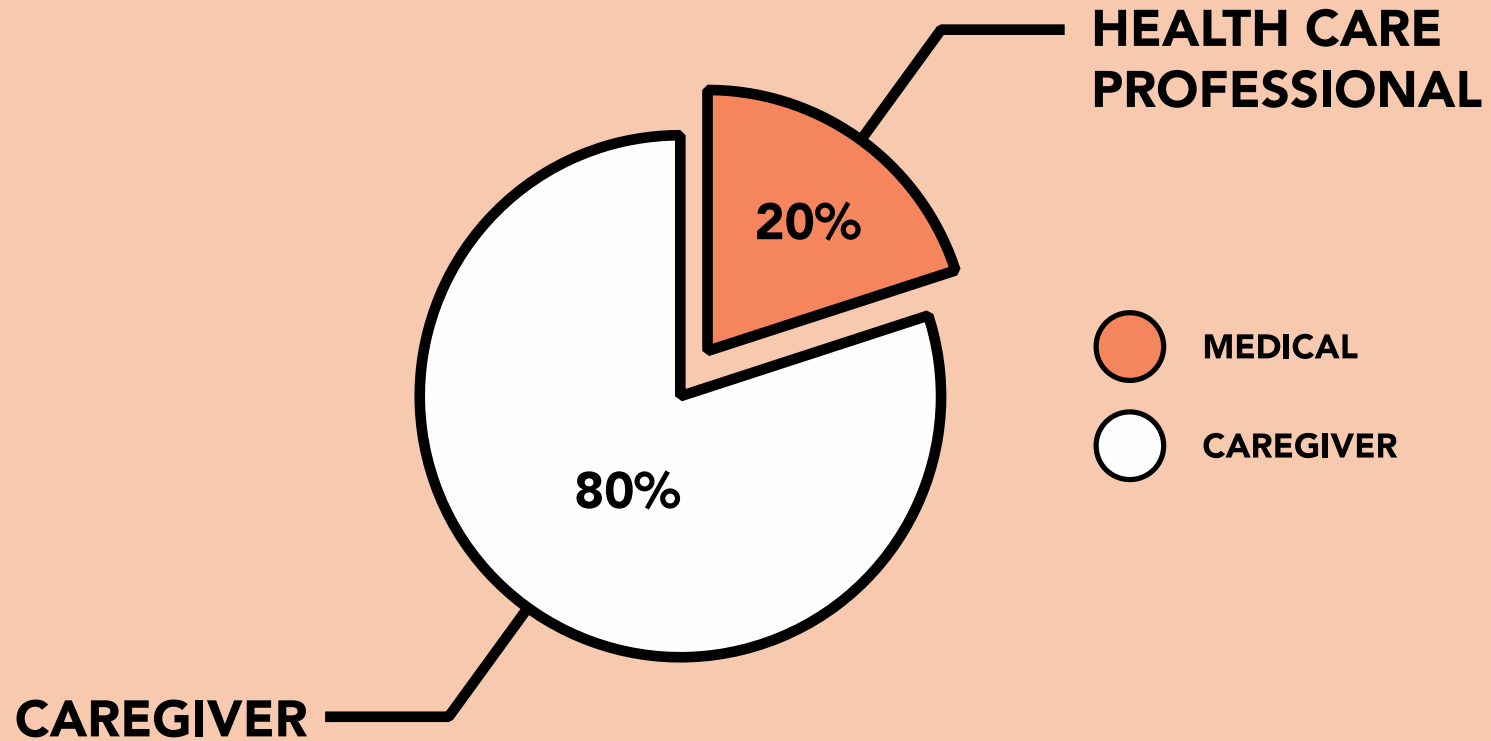
## Activity Recap Time!

1. Did you forget anyone from your Care Map?
2. Were there other services missing from your Care Map?
3. What were some highlights or findings you had from the discussion?





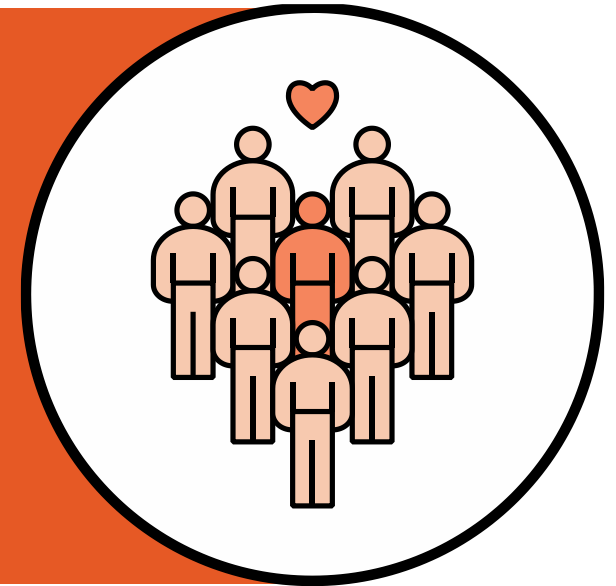
# Who provides the care?





## PART 4

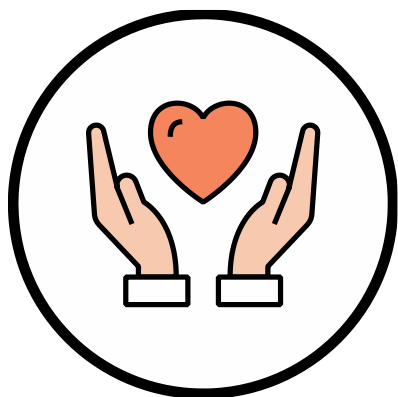
# WHERE TO LOOK FOR ADDITIONAL SUPPORT





## Community Resources

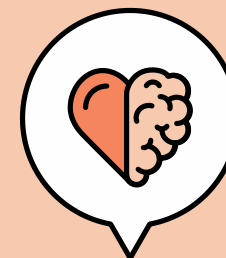
- Hospices
- 211
- Community databases for local services
- Regional caregiving organizations/associations
- Library resources
- Mental health associations

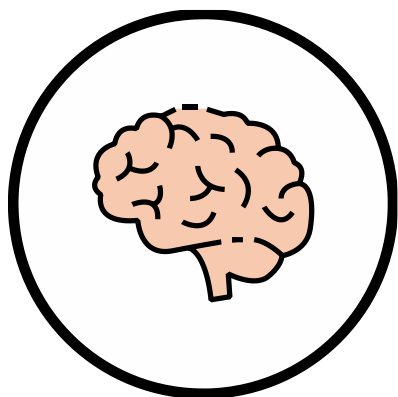


# Caregivers




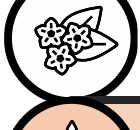
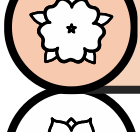

1 in 5 caregivers said their physical and mental health suffered

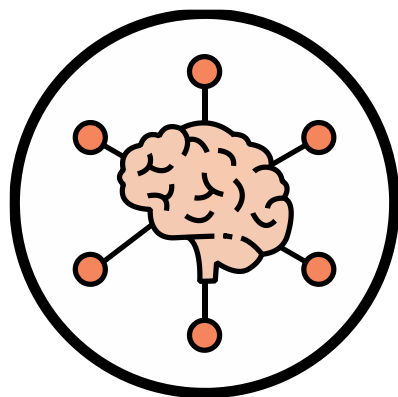
Connecting with caregiver organizations for additional support, such as support groups and tools, can reduce the impact



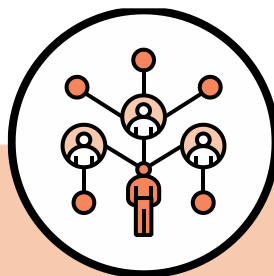


You may also benefit from connecting with mental health supports

-  **National:** Carers Canada
-  **Ontario:** Ontario Caregiver Association
-  **Quebec:** L'Appui
-  **Nova Scotia:** Caregivers Nova Scotia
-  **Alberta:** Caregivers Alberta
-  **BC:** Family Caregivers of British Columbia



# Interested in learning more?



## THE FROME MODEL

- A small case study conducted in Frome, England
- Focused on engage health care professionals in community-based care
- Reduce isolation and loneliness by bringing community members together



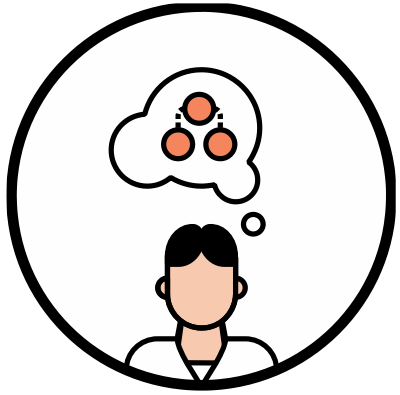
## HEALTHY END OF LIFE PROJECT (HELP)

- Changing social norms

# CLOSING REMARKS

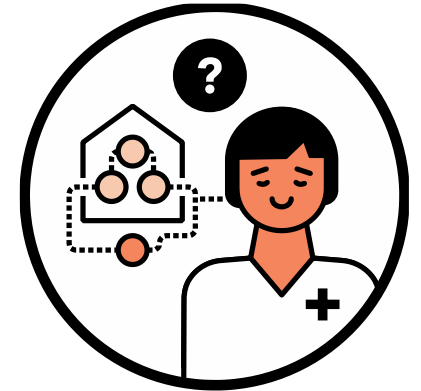


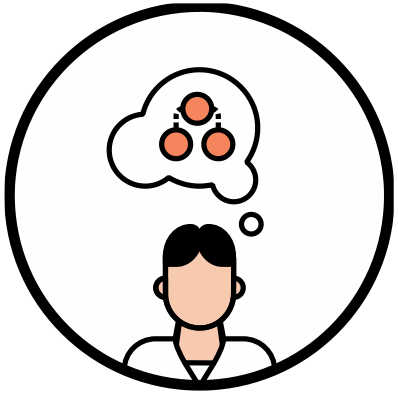
## CLOSING REMARKS



# How to Get Involved: *Health Care Professional*

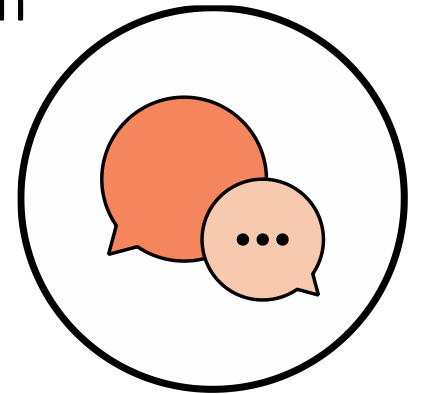
- Share the Atlas CareMap Factsheet with patients
- Encourage patients who are caregiving to create their map
- Integrate the map into their care plan
- Host a workshop with the toolkit





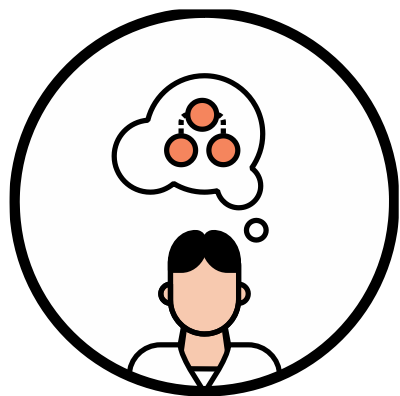
## How To Get Involved: *Organizations*

- Share the Atlas CareMap Factsheet with employees, patrons, volunteers or partner organizations
- Host a workshop in the community or within your organization



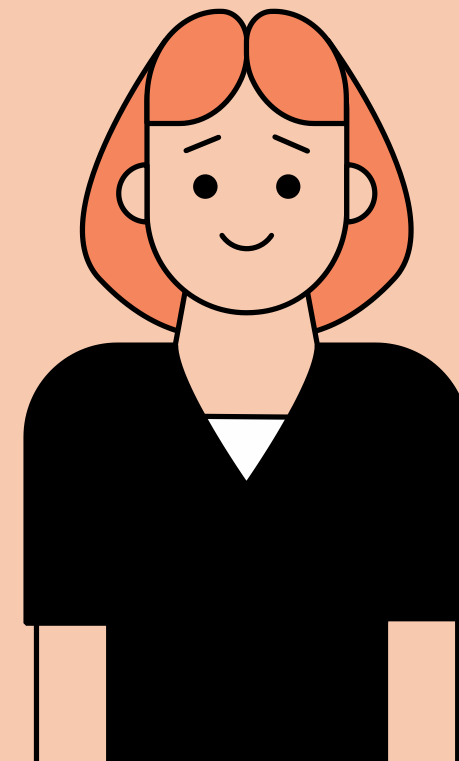
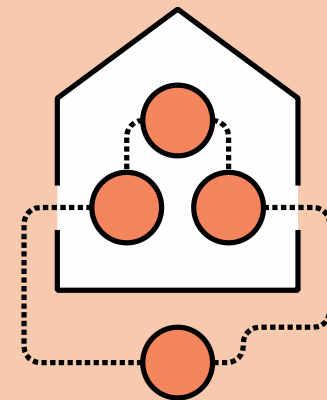


## CLOSING REMARKS



# How To Get Involved: *Individual*

- Help the caregivers around you draw their map
- Think about platforms you can share the information on
- Host a workshop



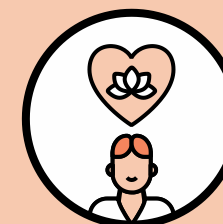
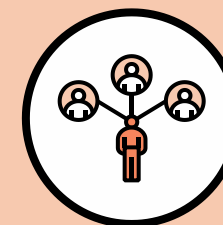
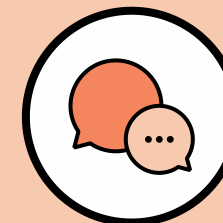
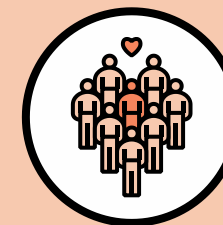
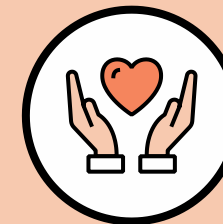


# Workshop Review

## Creating and using a Care Map:

- Increases the understanding of the caregiving role
- Increases caregivers feelings of being supported
- Enables conversations
- Broadens the support network

Improves the care recipient and caregiver's quality of life





## Other Pallium Canada Resources

Pallium Canada has many resources available to support caregivers and the community, such as:

- **Atlas CareMap Toolkit** — anyone can use it to build their map or help someone else with building their Care Map.
- **Compassionate Communities Startup Toolkit** — help passionate community members start a Compassionate Community initiative in their community.

Visit [www.pallium.ca/CompassionateCommunities](http://www.pallium.ca/CompassionateCommunities) to access these resources and more!

# Thank You



**Stay Connected**  
**[www.echopalliative.com](http://www.echopalliative.com)**