

Exploring Caregiving and Well-Being: Charting the LifeCourse Jan. 15, 2025



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Ohio Ambassador-Charting the LifeCourse

Family Resource Network of Ohio

Charting the LifeCourse Nexus Team-University of Missouri-Kansas City

Mentor Trainer-The Learning Community for Person Centered Practices

OHIO COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES



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Charting the LifeCourse Trainings are provided by



**FAMILY RESOURCE
NETWORK OF OHIO**

*Ohio's Official Hub for
Charting the LifeCourse*

www.frnohio.org Facebook-for stories of use

Funding for this statewide effort is provided by



**Department of
Developmental
Disabilities**



**Department of
Education &
Workforce**

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Barb's Story

- Jim and Nick's sister
- Worked in the IDD field for over 49 years in the Cleveland, Ohio area
- Variety of roles
- Family caregiver (unpaid)
- Ohio Ambassador-Charting the LifeCourse
- Member of the (National) Charting the LifeCourse Nexus
- Mentor Trainer in the Learning Community for Person Centered Practices (TLC-PCP)



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Handouts-
developed by
LifeCourse Nexus
and Elavance
Health



ONE PAGE
DESCRIPTION



POWERPOINT



LIFE TRAJECTORY

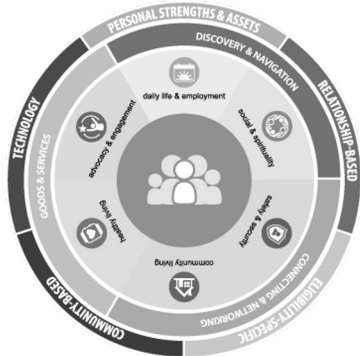


INTEGRATED
SUPPORTS STAR

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What is Ohio doing?



Our goals are to share the information, empower people, families, and professionals to use the framework and tools while developing a common understandable vocabulary.

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All people and their families have the right to live, love, work, play, learn and pursue their life aspirations in their community.



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“Good Life Outcomes for ALL ”



The Individual will achieve self-determination, interdependence, productivity, integration, and inclusion in all facets of community life



Families will be supported in ways that maximize their capacity, strengths, and unique abilities to best nurture, love, and support all individual members to achieve their goals

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CAREGIVER WELL-BEING

- Providing care and support can be both rewarding and challenging
- Must understand how to take care of ourselves
- Intentional thinking and focus with planning and problem solving
- Need to maintain our well-being and good life so we can support others

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What is a GOOD LIFE?

- Have dreams
 - Without dreams, we don't have a life and all we get is what we are given
- Have people who believe in us
- Have what is important TO us
- Respected and valued as a contributing member of our community
- Have more good days than bad
- Feel healthy and safe
- Have control

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WHAT KEEPS US FROM TAKING CARE

- Stress
- Lack of time
- Guilt
- Reversal of roles
- Being "needy" or burdening others
- Not knowing about resources

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WHAT CAN WE DO

- Use these tools to think about your role in caregiving and your well-being
- Think and organize your thoughts
- Consider how to maintain your physical, emotional, and mental well-being
- Be clear about what you need so you can share with others
- Connect with others and resources to support you as you support your loved one

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RESOURCES SHARED TODAY

The tools can be found on:

- lifecoursetools.com
 - LifeCourse Library
 - Exploring Life Domains
 - Caregiver Well-Being

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ONE PAGE DESCRIPTION

LifeCourse One-Page Description | Caregiver Well-Being

Name: _____ Date: _____

What is going on in my life and my caregiving journey?

If I had the time, what would I do for myself or my own well-being?

What are caregiving things I do that others could do or I could teach others to do?

(Note: you can expand on this brainstorming in the Integrated Support Plan and Mapping Worksheet tool)

Developed by LifeCourse | University of Michigan | Center for Health Systems Research and Analysis | 2022

WHAT IS GOING ON IN MY LIFE AND MY CAREGIVING JOURNEY?

- Think about times you feel you are doing well: physically, mentally, emotionally
- What contributes to your well-being
- What were you or others doing to make you feel satisfied or comfortable
- Consider: routines, habits, supports from others, access to resources
- What worked in the past to maintain your well-being

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IF I HAD THE TIME, WHAT WOULD I DO FOR MYSELF OR MY OWN WELL-BEING?

- What makes you feel “like you” or that you want to do more
- What are things you used to do and enjoyed and haven’t been able to do or that have had to look different now that you are caregiving

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If I had the time, what would I do for myself or my own well-being?

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WHAT ARE CAREGIVING THINGS THAT I DO THAT OTHERS COULD DO OR I COULD TEACH OTHERS TO DO?

- What does caregiving look like?
- What do you do that others need to do so you can focus on your well-being?
- What would it take/look like for someone else to do that?

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LIFE TRAJECTORY | EXPLORING

Vision for What I Want

What I Don't Want

Trajectory-Exploring

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LIFE TRAJECTORY | PLANNING

Past Life Experiences
List past life experiences and events that have shaped your vision for a good life.
List past life experiences that caused you to change your trajectory toward change you don't want.

Moving Forward
List current or future life experiences or goals that will continue to support your good life vision.
List things to avoid that could keep you from your good life vision or lead to what you don't want.

Vision for What I Want
List what you want your "GOOD LIFE" to look like.

What I Don't Want
List the things you don't want or wish to "avoid".

Charting the LifeCourse Trajectory-Planning

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TRAJECTORY

Life Trajectory | Caregiver Well-Being

Past Experiences
What are things in the past that have helped to take care of myself?
What are things in the past that got in the way of taking care of myself while also caring for others?

Moving Forward
What needs to be in place to maintain or improve my own well-being while continuing to care for others?
What are things that could impede my well-being or the caring for others that need to be avoided?

Vision
Vision for my physical, mental, and emotional well-being.
Vision for a Good Life.
What kind of information, navigation, or skill-building would promote my well-being?
How would opportunities for connecting and networking with others contribute to my well-being?
What good and services (physical, financial, or material) would promote my well-being?

What I Don't Want
What do I not want to have happen because my needs are unmet?
What is not good physical, mental, and emotional well-being?

VISION

- For a Good Life
- For physical, mental and emotional well-being
- How would opportunities for connecting and networking with others contribute to my well-being?
- What goods and services (physical, financial, or material) would promote my well-being?

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TRAJECTORY

Life Trajectory | Caregiver Well-Being

Past Experiences
What are things in the past that have helped to take care of myself?
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Moving Forward
What needs to be in place to maintain or improve my own well-being while continuing to care for others?
What are things that could impede my well-being or the caring for others that need to be avoided?

Vision
Vision for my physical, mental, and emotional well-being.
Vision for a Good Life.
What kind of information, navigation, or skill-building would promote my well-being?
How would opportunities for connecting and networking with others contribute to my well-being?
What good and services (physical, financial, or material) would promote my well-being?

What I Don't Want
What do I not want to have happen because my needs are unmet?
What is not good physical, mental, and emotional well-being?

WHAT I DON'T WANT

- * What do I not want to have happen because my needs are unmet?
- * What is not good physical, mental and emotional wellness?

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TRAJECTORY

Life Trajectory | Caregiver Well-Being

Past Experiences
What are things in the past that have helped to take care of myself?
What are things in the past that got in the way of taking care of myself while also caring for others?

Moving Forward
What needs to be in place to maintain or improve my own well-being while continuing to care for others?
What are things that could impede my well-being or the caring for others that need to be avoided?

Vision
Vision for my physical, mental, and emotional well-being.
Vision for a Good Life.
What kind of information, navigation, or skill-building would promote my well-being?
How would opportunities for connecting and networking with others contribute to my well-being?
What good and services (physical, financial, or material) would promote my well-being?

What I Don't Want
What do I not want to have happen because my needs are unmet?
What is not good physical, mental, and emotional well-being?

PAST EXPERIENCES

- What are things in the past that have helped me take care of myself?
- What are things in the past that got in the way of taking care of myself while also caring for others?

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TRAJECTORY

MOVING FORWARD

- * What needs to be in place to maintain or improve my own well-being while continuing to care for others?
- * What are things that could compromise my well-being or my caring for others, that I need to be aware of?

Life Trajectory | Caregiver Well-Being

Past Experiences
What are things in the past that have helped the well-being of caregiver?

Moving Forward
What needs to be in place to maintain or improve the well-being while continuing to care for others?

Vision
Vision for my physical, mental, and emotional well-being. Vision for a Good Life.
What kind of information, navigation, or skill-building would promote my well-being?
How would opportunities for connecting and networking with others contribute to my well-being?
What good and services (physical, financial, or medical) would promote my well-being?

What I Don't Want
What do I not want to have happen because my needs are unmet? What is not good physical, mental, and emotional well-being?

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INTEGRATED SUPPORTS STAR

HELPS MAP CURRENT AND POTENTIAL RESOURCES TO SUPPORT YOU SO YOU CAN FOCUS ON PERSONAL WELL-BEING

PERSONAL-ME AND LOVED ONE
* Skills, abilities, knowledge, experiences

TECHNOLOGY-ME AND LOVED ONE
*tech or devices, special and generic

RELATIONSHIPS-ME AND LOVED ONE
• Family, friends, acquaintances, unpaid
• Spend time, help

Integrated Supports Star | Caregiver Well-Being

My Name is: _____

Personal Me and Loved One

Technology Me and Loved One

Relationships Me and Loved One

Eligibility Specific

Community Based

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INTEGRATED SUPPORTS STAR

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HELPS MAP CURRENT AND POTENTIAL RESOURCES TO SUPPORT YOU SO YOU CAN FOCUS ON PERSONAL WELL-BEING

COMMUNITY BASED-ME AND LOVED ONE
• places, groups, local resources-you can access

ELIGIBILITY SPECIFIC-ME AND LOVED ONE
• Services or supports-needs or situation based
• Supports for your loved one so you can focus on your well-being

POINTS TO REMEMBER

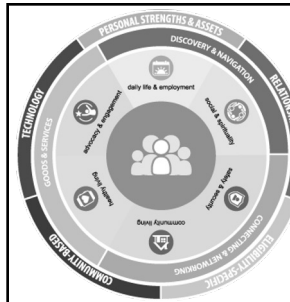
- Take time
- Be intentional
- Start small
- Say it
- Share
- Ask (think small asks)

TIPS TO CONSIDER

- Take breaks, as often and for as long as you need
- Choose a space that is comfortable for you
- Treat yourself the way you would treat a good friend
- Practice breathing or mindfulness exercises
- Seek support from a trusted friend to be a sounding board

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Ohio Highlights-frnohio.org

Annual Ohio Showcase-Feb. 19-20, 2025 in Columbus

Variety of presentations-sign up on frnohio.org

- Sign up on frnohio.org to access events, get updates, resources, etc.
- Like our Facebook page-Family Resource Network of Ohio-FRNO
- Post/share on our FB page how you have used Charting the LifeCourse and the impact on you/your family/people you support
- Let us know if you know of any groups who would benefit from hearing about Charting the LifeCourse

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Thank you!

Please give us your feedback.

Barb Sapharas
bsapharas@aol.com

Family Resource
Network of Ohio

FY 2025 CHARTING THE
LIFECOURSE EVALUATION



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