

Published on *SeniorNavigator* (<https://seniornavigator.org>)

[Put Your Family Caregiving on the Map](#)

[Put Your Family Caregiving on the Map](#) provides information and videos on how to develop your personal family care map. A care map is a helpful way to visually represent all the people and services involved in your family caregiving situation. Drawing your own will show you and others at a glance who cares for whom, how frequently they provide their care, and how far away they live. Care maps don't just help you see who's involved, they can also show who or what might be missing. Perhaps there are people who could be helping, but currently aren't. Maybe there are services that could be supporting you, but you're not making use of them right now.

Source URL

<https://atlasofcaregiving.com>

Last Reviewed

Tuesday, January 24, 2023