

Do you care for family or friends who need assistance because of illness, disability or aging?



Discover how CareMaps can help you understand and improve your family's experience.

You're invited to learn about the concept of CareMaps — a drawing of the people and services in your care network. CareMaps can help you better understand and manage your own situation, identify missing resources, and describe your needs to others. In this two-hour workshop, you will learn to create and use your own CareMap.

Rajiv Mehta, CEO of Atlas of Caregiving, will be conducting an Atlas CareMap Workshop.



A Marsha Forest Centre Thought Leadership Event



JOIN US at SKETCH

**180 Shaw Street
Toronto, ON M6J 2W5**

Rajiv Mehta

**Two Introductory Workshops
Monday Oct. 15**

• 2:00 - 4:00 pm

Rajiv Mehta

• 6:00 - 8:00 pm



An Atlas CareMap is a diagram of a person's care ecosystem, showing who cares for whom, and how. Many people have found it easy to learn to draw and use CareMaps, and valuable to do so. The process of thinking about and drawing a CareMap has helped people to more clearly see and to better understand their existing care ecosystem. For many, this has led to action and/or changes in perception resulting in stronger ecosystems, better care and more confidence in managing their care situation.

Introduction to CareMaps video
(<https://vimeo.com/256814921>).

An OIFN Endorsed Event



