

Care Map Template – Tasks

This Care Map illustrates all the tasks involved with caring for a child. It helps with identifying all the tasks, asking for support and/or in delegating tasks to others within your circle of care. You can include:

Care Coordination task – such as scheduling appointments, informing others, managing activities, researching treatments, managing childcare

Direct care or personal care – including prepping and administering medications, bathing, and grooming, changing, and dressing, feeding

Social Support Tasks – such as planning play dates, organizing recreation activities, supporting friendships

Financial tasks – examples include paying for prescriptions, formula, and childcare; accessing insurance; equipment funding

Medical Management/Advocacy Tasks – involves tasks like booking care appointments, maintaining a care log, writing letters, reading reports, tracking observations.

This parent found it helpful to write out all the tasks that were involved in caring for her child. They used this task list to communicate with their partner so they could both be involved and aware of all the tasks. It also helped them to delegate some of the tasks to others who were part of the child's circle of care.

