Caregiving Load Map

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

One person tracks most household appointments.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Make visible the practical and planning work in a fictional household.

3. What work has been going unnoticed?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.