Recovery and Caregiving Demands - Shared Pattern Map

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: A member has less time after a family care need increases.

1. What is known in the fictional example, and what needs checking?

2. Balance personal recovery supports with caregiving responsibilities and help from others. My notes, drawing, or possible response:

3. What support should be shared?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.