The Utilities of Daily Care - Concept brief

Understand the idea behind the utilities of daily care and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley's irregular work hours make routine care harder.

The idea

Daily needs depend on resources and health as well as habits.

An ordinary example

Riley's irregular work hours make routine care harder.

What this can look like

Map supports for rest, nourishment, prescribed care, and manageable routines without offering medical instructions.

Check the fit

Which practical support is missing from the design? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A house metaphor is an organizing option, not a diagnostic test, safety determination, or required way to represent experience.

Reflection

Which practical support is missing from the design?

Scope and adaptation

An original DBT-informed house metaphor for educational reflection, not an official standardized DBT assessment, diagnostic drawing test, or comprehensive DBT. The maker defines meanings. Offer another metaphor if housing is sensitive, and allow omissions or fiction. Do not interpret rooms, colors, or omissions as evidence of pathology or safety.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/recovery/resources/DBH-A17-1