### I am Eli

## this is my caregiving story



**CAREGIVINGIOI** 

Caregiving101 kit	Objective
Caregiving for Kit	Objective
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The kit consists of:	The Caregiving 101 kit is developed based
	on the idea that a person can think more
The Journal	sensibly about another's problem than
	their own.
'A likely concern' deck	
	With this in mind, the kit aims to help you
'This may help.' deck	find solutions to resolve your problems
	through thinking from a fictional
	character - Eli's point of view.
	The cards act as icebreakers and
	triggers for caregivers such as yourself
	to share stories with others, find hidden
	struggles and even positive outlooks you
	might have missed.

#### How to use

This kit is best used with a caregiving peer.

Throughout the chat, feel free to take down notes within this book.

#### For a Start

Among yourselves, pick someone to start the sharing. The other could help take notes if needed. The following applies to the person who is sharing first:

## Meeting Eli

Imagine you have just met another caregiver, Eli, who's going through the same caregiving journey as you.

#### Picking Cards

Pick out the cards from the two decks that you think Eli can to relate to based on your experiences. Discuss with your partner why those cards were picked.

#### **Support Channels**

Discuss the support channels you think Elicould approach. Are there any organisations or support groups Elican approach? Should Eliseek help from friends and family?

#### **Next Steps**

Discuss and note down the next steps Elican take.

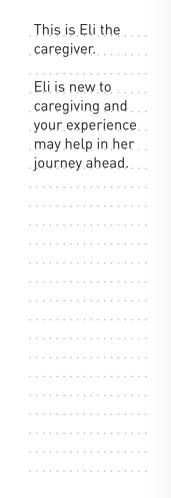
#### Swap

Swap positions and repeat the activity.

#### Adapt the kit as you will

We understand that everyone has different experiences and hence, this kit is designed to be adaptable, use it as you will, the above only serves as an initial guide.

Just like how everyone's caregiving journey is ..... different, there is no correct or wrong way to use . the kit!



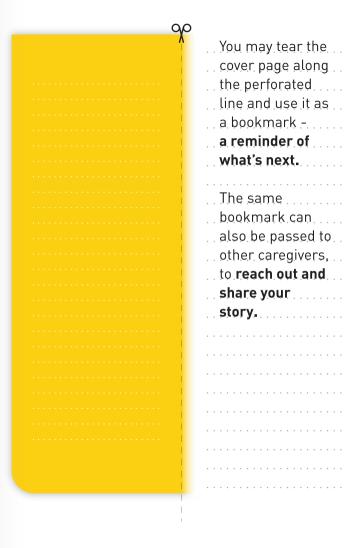
you are experiencing.	
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TIO	
	Distance and so the
	Pick one card each
	from the two decks
	which you think is most.
	relevant based on <b>your</b> .
	caregiving experience.
	D:
	Discuss why that card
	is picked.

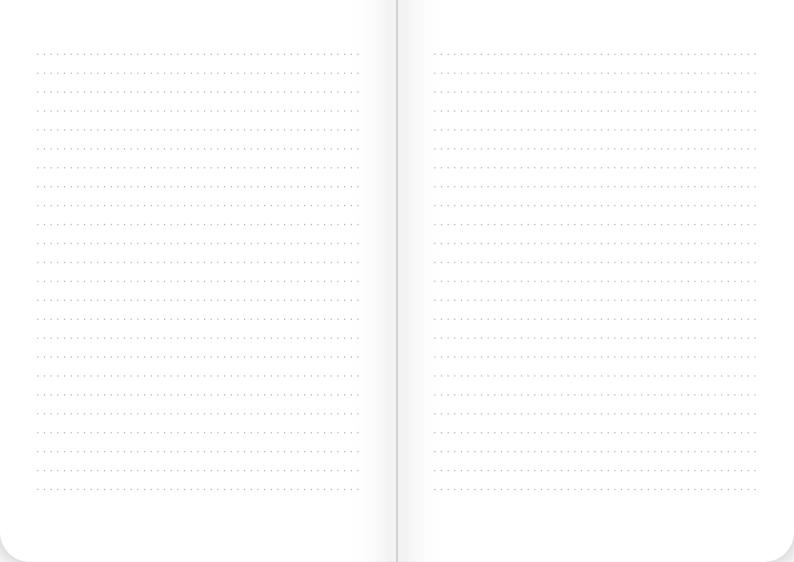


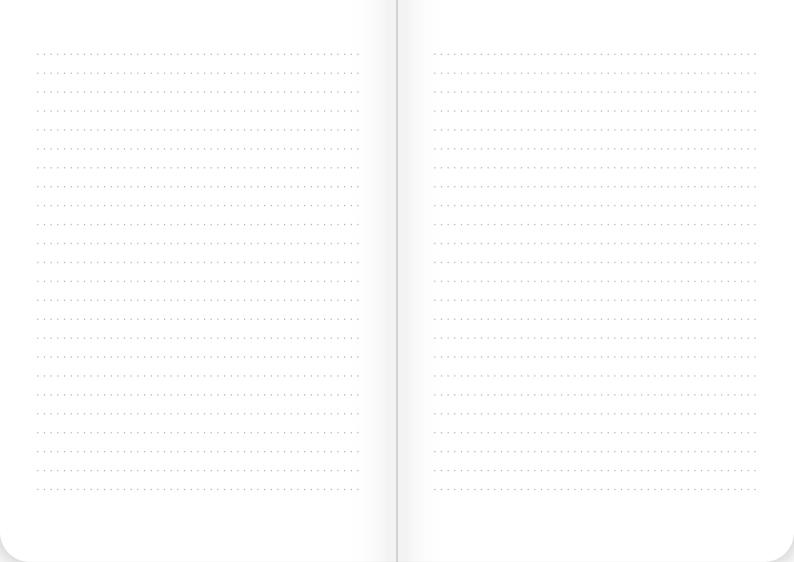


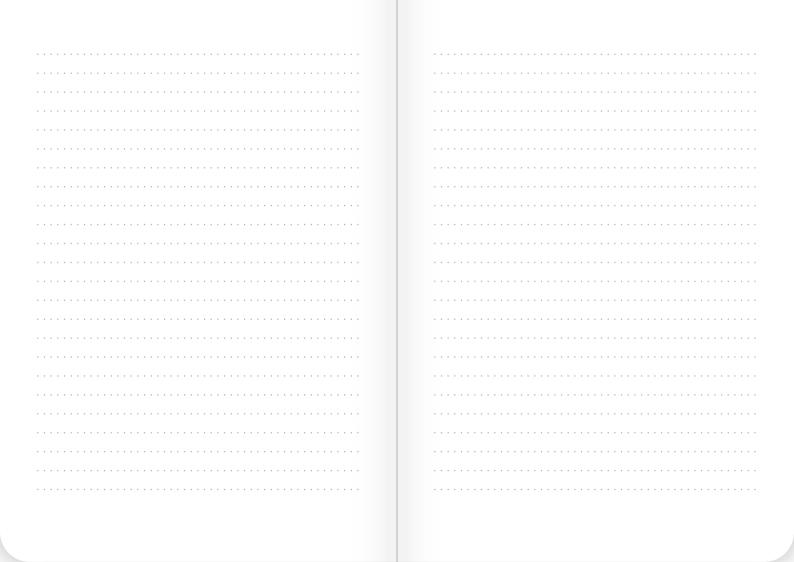
With the cards picked as well as the support channels listed. discuss and come up with a plan Eli can immediately put into action. You may write the points on both cards as. well as the **action plan** on the lines provided on the back of the cover page. This is Eli the this may help... caregiver actively search for support groups and channels. a likely challenge... the feeling of helplessness search facebook/ telegram & other social media for caregiver support groups.

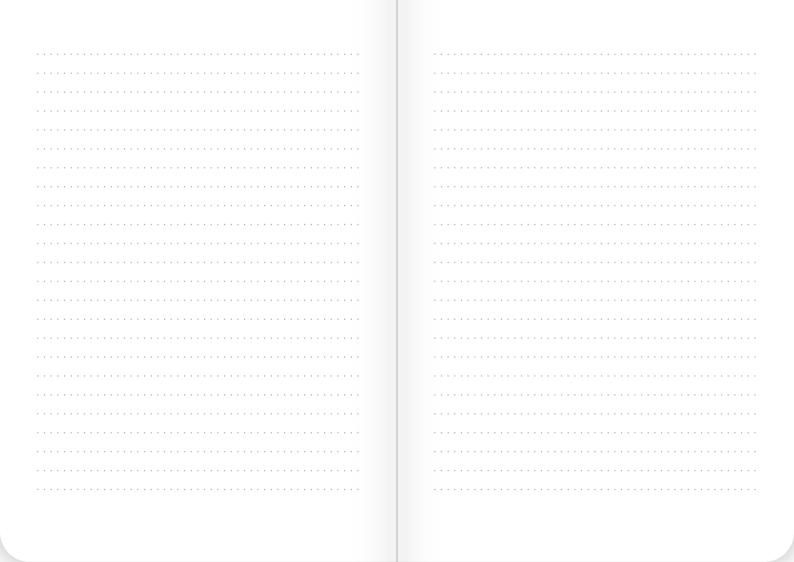
The story of Eli is just a reflection of **your** caregiving story. The suggestions and challenges you chose reflects your own experience - ones that you will give a caregiver going through what you had. This book is designed based on the principles of the Solomon's Paradox, which states that you can think more sensibly about other's problems than your own. Applying the Solomon's Paradox to ... your own caregiving journey, the action plan you built for Eli are ones you can take for your own.

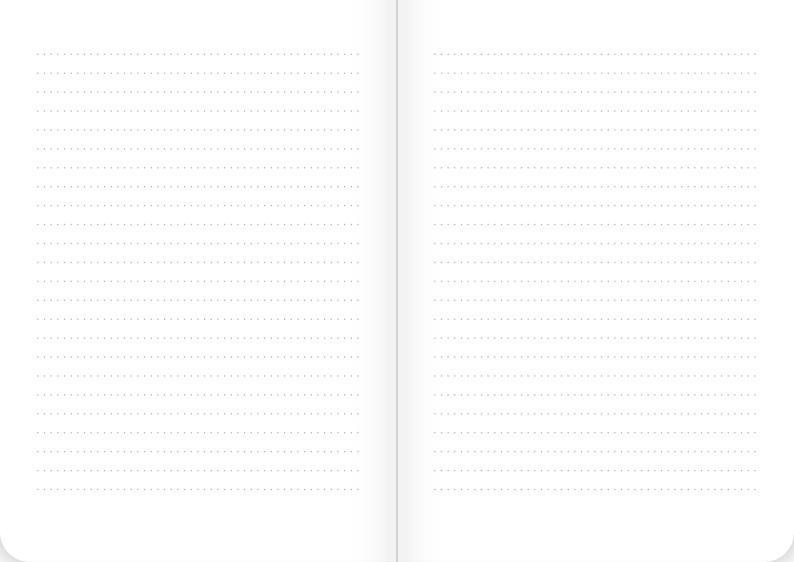


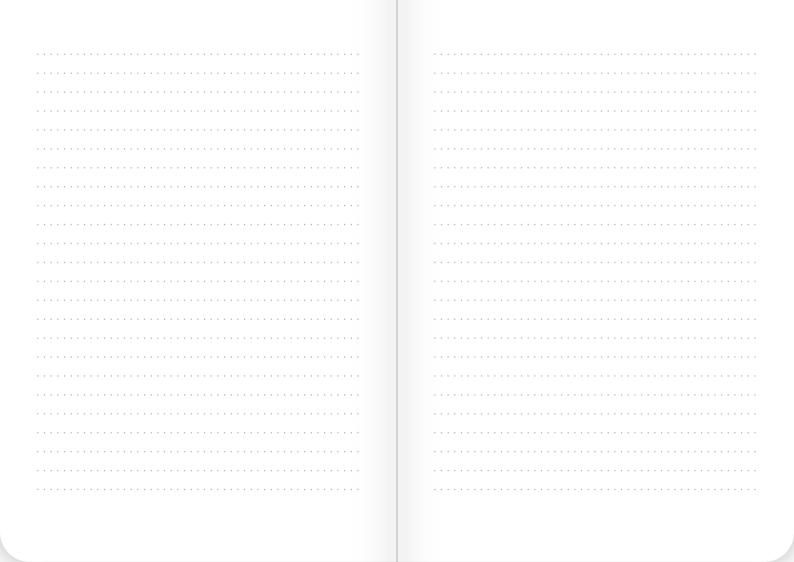


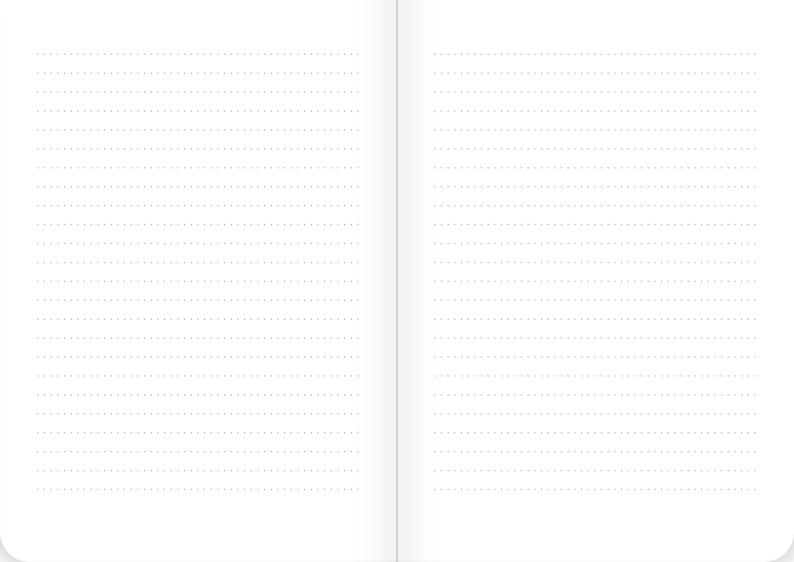


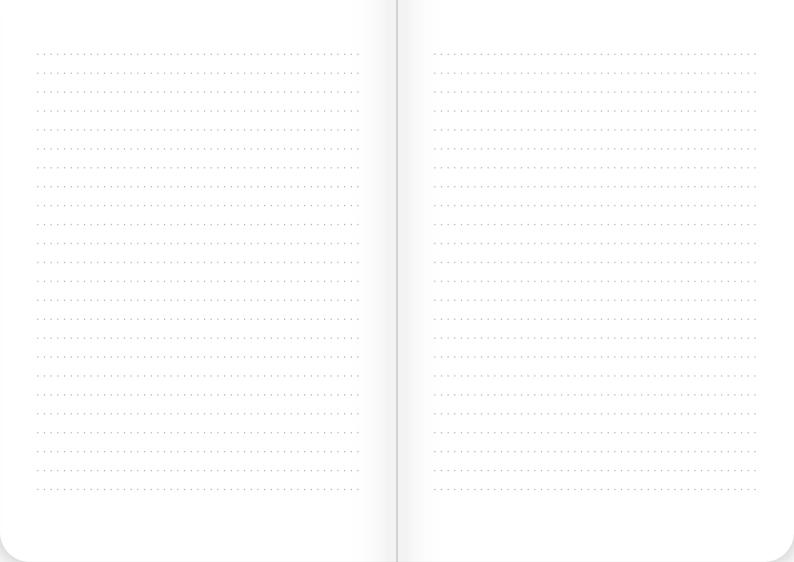


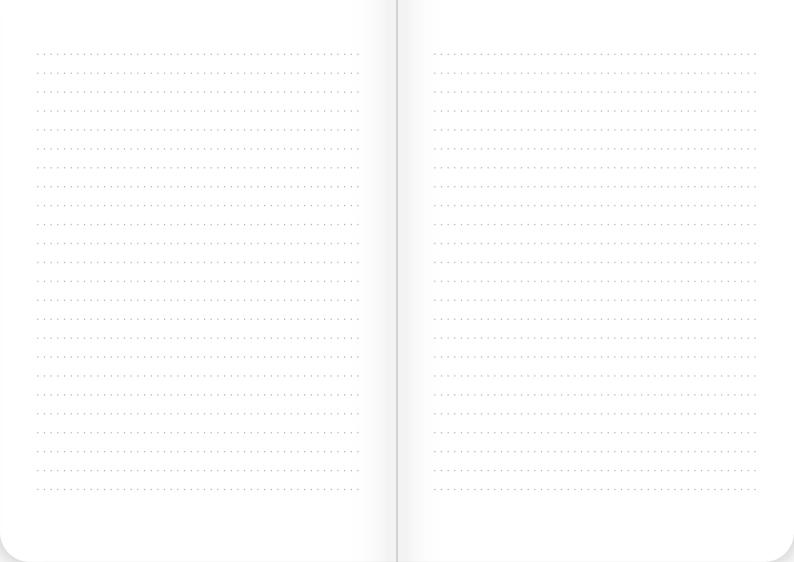


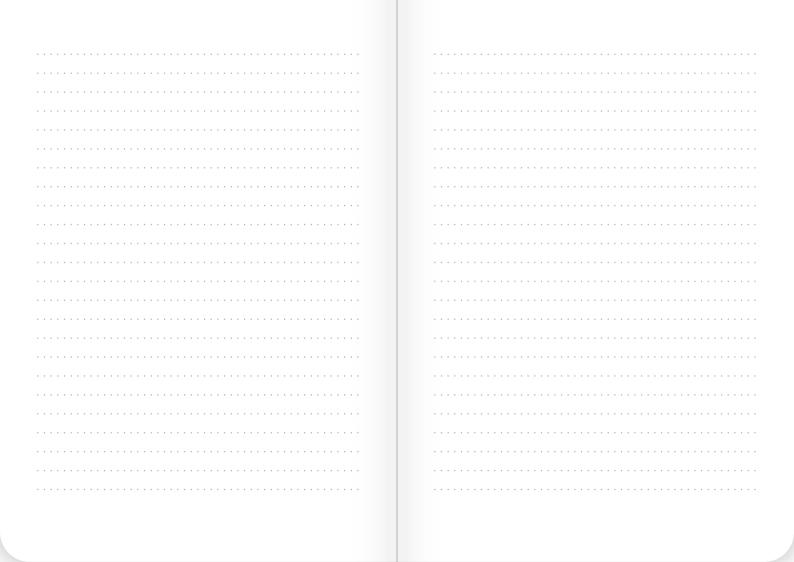


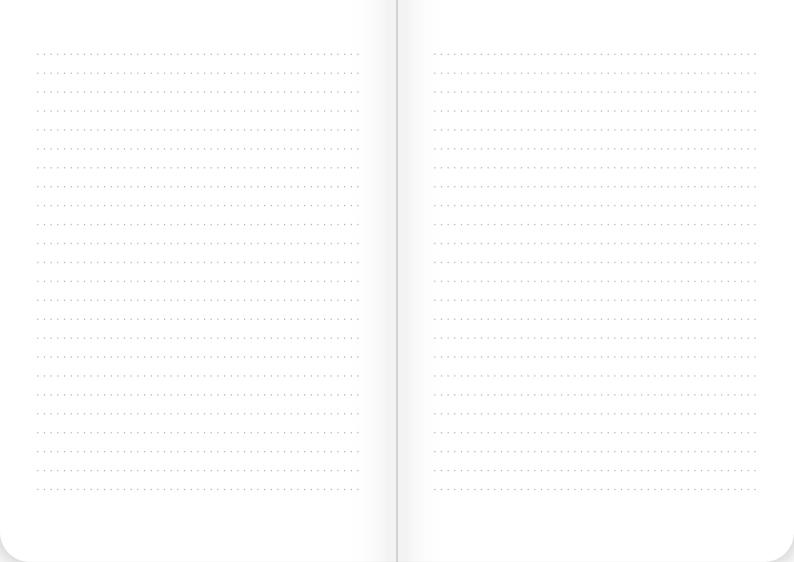


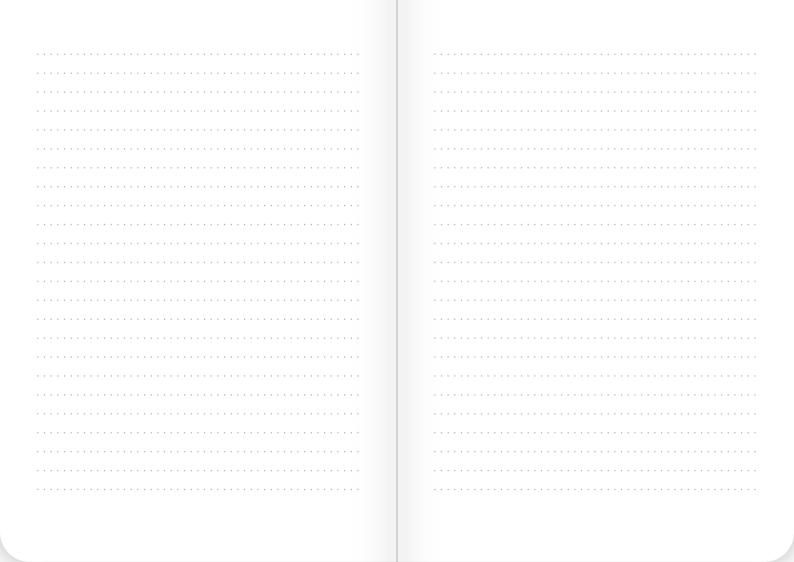


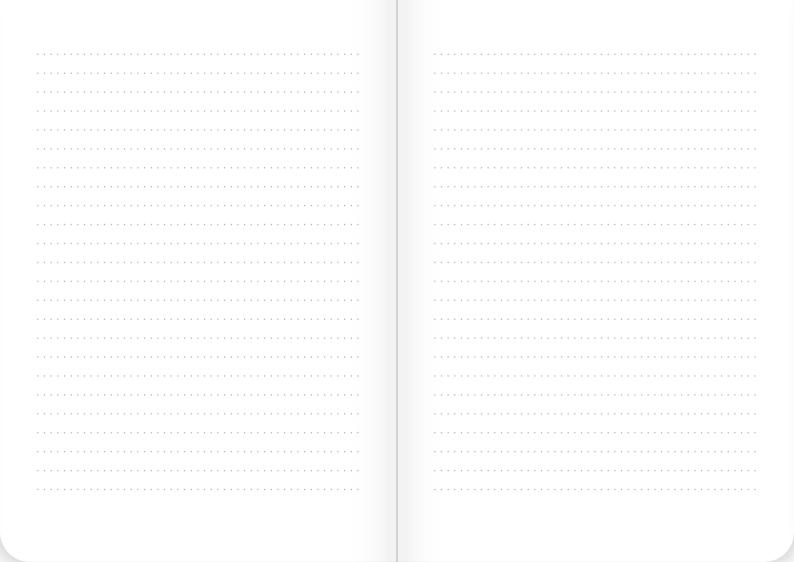


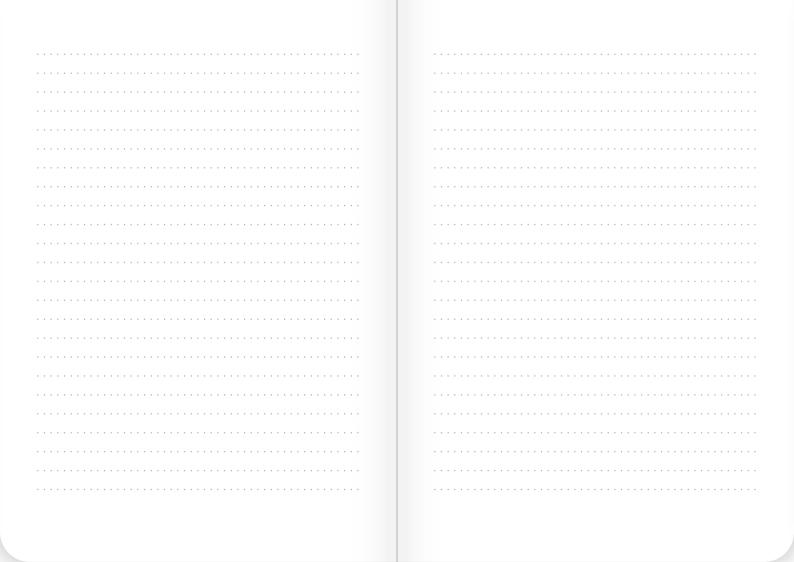


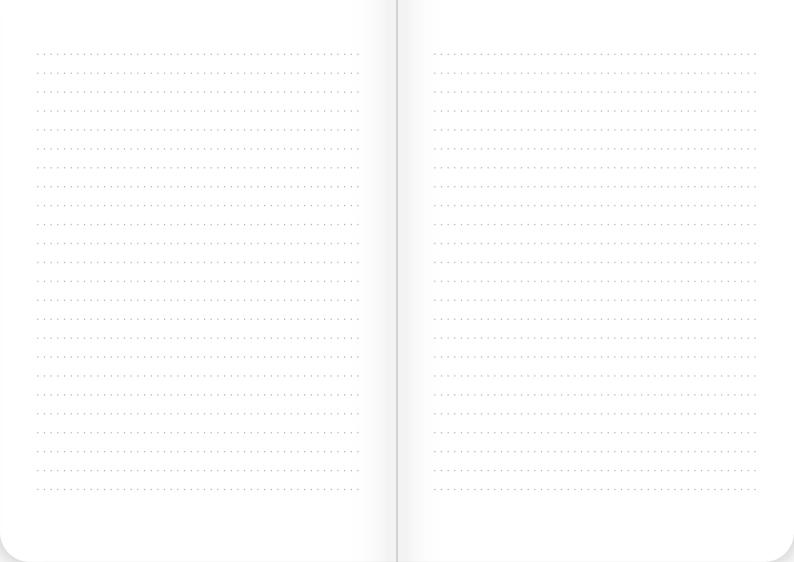












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This is an extra copy of the yellow bookmark.
You may pass it to other caregivers or supporting organisations, writing your:
story, action plan,
and how others may <b>contact</b> you
and how others

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