

Alliances in Care



A Guided and Interactive Booklet for Caregivers
to Visualize Their Support System



's Booklet

(Your Name Here)

The Senior
AllianceTM

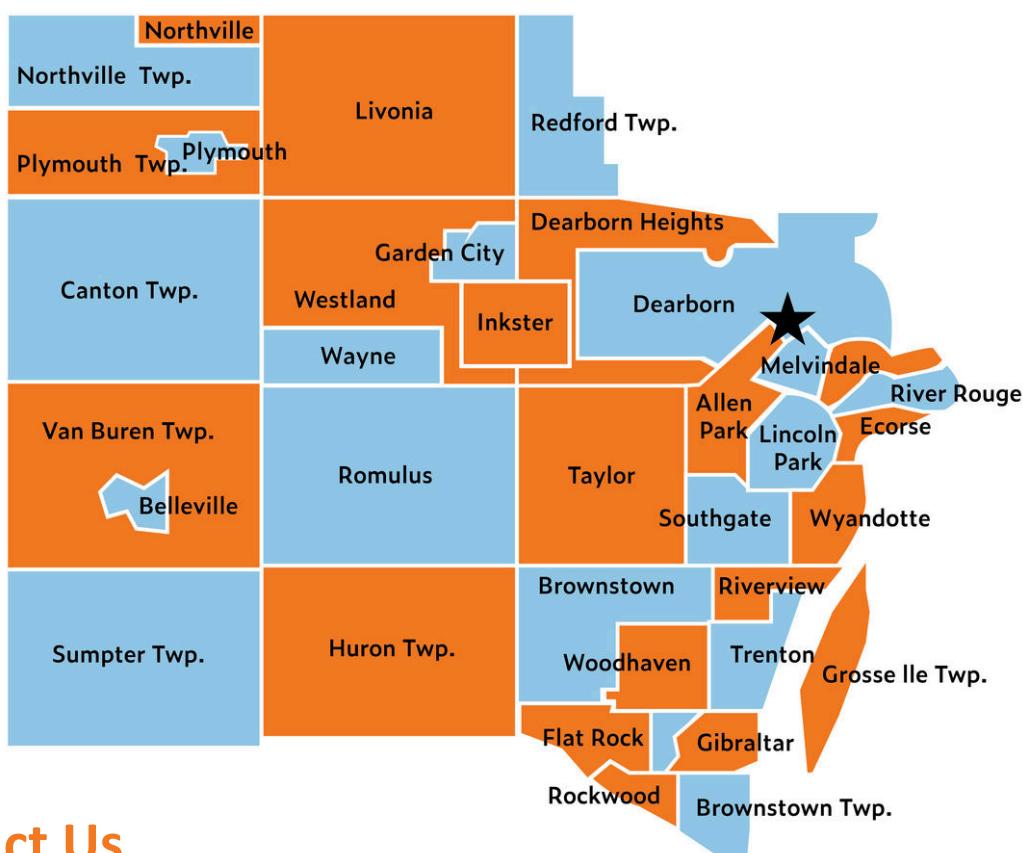
The Senior Alliance

What We Do

The Senior Alliance is dedicated to enhancing and preserving the independence of older adults and individuals with disabilities, as well as providing support to caregivers.

The Senior Alliance is a 501(c)(3) nonprofit agency designated as the Area Agency on Aging for the 34 communities of western Wayne County and Downriver. Our mission is assisting people to thrive as they live, age, and grow.

Our Service Area



Contact Us

www.thesenioralliance.org | www.caregivinghaven.org

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The Senior
Alliance
LIVE YOUR WAY



What is Alliances in Care?

Alliances in Care is a guided diagram-drawing activity designed to help caregivers **visualize and understand their personal care network** by identifying key relationships, resources, and systems. Caregiving can feel overwhelming, but this **simple, flexible, and evolving tool** helps caregivers see their connections, uncover gaps, and strengthen their support system.

Why This Matters

Care networks change over time - this activity captures a snapshot of **who provides support today** while helping plan for **what may be needed in the future**.

When feeling isolated or overwhelmed, looking at your care network reminds you that **you are not alone**.

Your Alliances in Care Diagram can be a **powerful communication tool** - helping healthcare providers and family members see the bigger picture of support.



Key Questions to Start With

Who Do I
Care For?

Who Else
Cares For
Them?

Who Cares
For Me?



Sample Symbol Guide

Shapes/colors represent the various people in your care diagram (customize to your liking!).



Circles → Primary caregivers & care recipients



Squares → Professional care (doctors, nurses, case managers)



Triangles → Community resources (support groups, places of worship)



Hearts → Emotional support (friends, family, pets)



Home → Represents who lives together

Arrows represent the care relationships (direction, frequency & type of support)

→ Thicker arrows = More frequent support

.....→ Dotted arrows = Occasional and/or emergency support

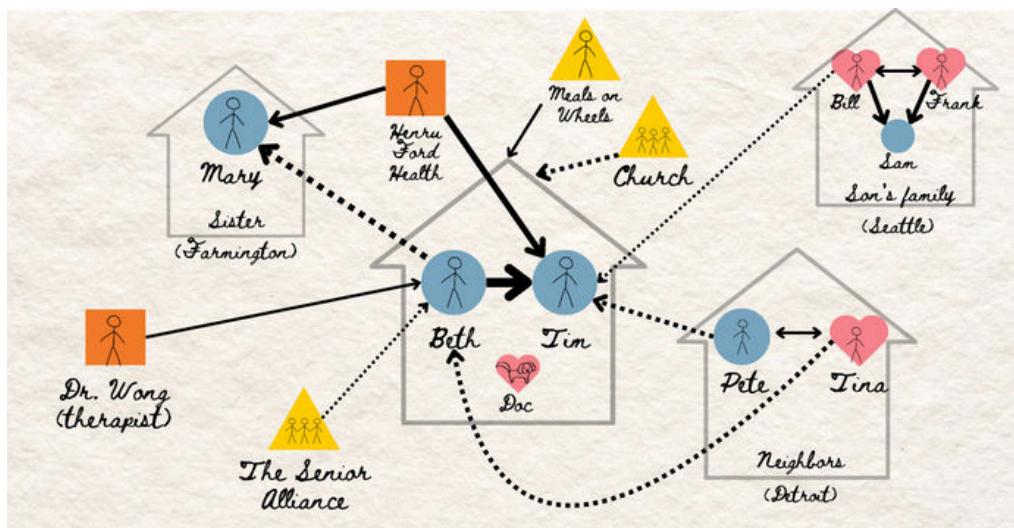
Materials to Gather

Before getting started, let's gather some materials to help you with your diagram!

- Large piece of paper (or use Page 5)
- Writing tools (pens, markers, highlighters)
- Quiet space for reflection
- *Optional:* A straight edge, stencils

Example

Beth lives in Detroit with her husband, Tim, who she is the primary caregiver for. Beth also provides occasional support for her sister, Mary, in Farmington. Beth and Tim's son, Bill, lives out-of-state with his family. After thinking about who Beth cares for, who else cares for her loved ones, and, lastly, who cares for her, Beth was ready to create her Alliances in Care Diagram!



Instructions for Starting Your Diagram



1 Start with yourself. Place yourself in the **center** of the diagram.

Pssst. Use the space below to jot down your answers & notes before you begin!



2 Add the person or people you care for, as well as their other primary caregivers. Who provides daily care? Who do you support most often? Who supports me?



3 Expand to family and friends. Who provides emotional or practical support?



4 Identify Professional & Community Support. Are there healthcare providers, social workers, senior centers, or other resources that provide support?



5 Indicate frequency of support. **Thicker arrows** indicate frequent support. **Dotted arrows** indicate occasional or emergency support.

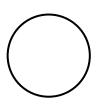
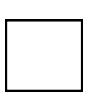
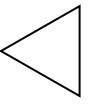
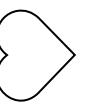
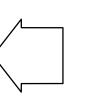


First Time Guidance

1. This is a *first draft* - grab a pen and start by capturing the first 3 key relationships that come to mind before expanding.
2. There's **no "right" way** to do this - it's about what is meaningful to you.
3. **You can add more details later** and as your care situation evolves.



's Alliances In Care Diagram

My Symbol Guide	
	Primary caregivers & care recipients
	Professional care
	Community resources
	Emotional support
	Represents who lives together

Review and Reflect



Congratulations on completing your first Alliances in Care Diagram! Take a deep breath and celebrate this meaningful step forward. You took the time to sit down, reflect on your reality, and bravely put your caregiving experience on paper. Your diagram is a testament to your strength, your compassion, and your willingness to look deeper into the circle of care that surrounds you. It's also a first step toward building clarity, setting boundaries, and asking for help when needed.



- Have I forgotten anyone important?
- Are the people in my diagram aware of each other?
 - Would it help if they had better coordination?
- Are different people helping in different ways?
- Who could be more involved?
 - Why aren't they?
- Who are the most essential people in my network?
- Do I have a backup plan if anyone becomes unavailable?
- Are there professional services that could help?

Adapting to Change

Your Alliances in Care Diagram is not static - it will evolve over time.

Update your diagram as circumstances change: **As Needed**, when new support systems develop.

In Retrospect, to appreciate how your support system has grown. **For the Future**, to prepare for life changes.



Try it out!

Get a new blank piece of paper, and draw an Alliances in Care Diagram for the following prompt: "Imagine yourself 5 years from now. What support might look different? What would you like to build toward?"



How The Senior Alliance Can Support You



Resource Navigation: Finding the right caregiving assistance can be challenging. Allow us to simplify the process for you. Our resource directory is meticulously updated to showcase the diverse services offered by both local and national organizations. Whether you're in search of Meals on Wheels for your loved one, adult daycare options, or respite services, our resource directory online has you covered.

Support Groups: Joining a group can provide caregivers with emotional relief and practical advice, helping to reduce isolation and develop coping strategies. The Senior Alliance highly recommends that caregivers join a support group. Many gatherings are guided by professionals like social workers, with virtual and in-person options available. We can help you find the right support group for you.

Caregiver Training and Education: The Senior Alliance has resources to provide the knowledge, skills, and support you need as a caregiver. Browse our video library, which includes 50+ online classes, or join us at an upcoming webinar or workshop to enhance your caregiving skill set.

Contact Us



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Learn More

Check out our website's [Caregiving Haven](#) for additional guidance, tools, resources, and connections.



Reminder: You Are Not Alone

Your Alliances in Care Diagram is not just about identifying gaps - it's about **recognizing the support that exists**. Many caregivers feel overwhelmed or isolated, but this tool serves as a visual reminder of the connections you have. If you need additional support, **we are here to help**.



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