Psychological: support mapping for care teams

Receiving a diagnosis of life-limiting illness is a psychologically challenging experience for the person diagnosed and for those closely involved in their life and care. For a person on the autism spectrum this may be further complicated by differences in how they think and process information, and particularly for those who have diffi­culty labelling and articulating their thoughts and feelings. The person diagnosed with a life-limiting illness will have to cope with loss of emotional wellbeing as they try to come to terms with the implications of their illness and establish their wishes and aspirations for the end of their life.

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| Emotions and feelings | | |
| psycho_speech1.jpg | psycho_diary.jpg | psycho_speech2.jpg |

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| What was the experience of loss, change or ill health? | How did they cope? | What strategies and supports can  we put in place to help with future change and loss? |
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| psycho_speech3.jpg | psycho_breaking bad.jpg |

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| Terms  and  phrases  used | Understanding  of term | Strategies to support understanding/  alternative means of communication |
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| Supporting understanding | | |
| How does the person you support express their  emotions? | psycho_change.jpg | What is important in the person’s life? How can this be used to prioritise information and motivate engagement? |
| Will the person have difficulty understanding  any aspect of what is being communicated  to them? |
| How does the person learn  and take in new information? | *Insert a*  *photo of*  *the person*  *you are*  *supporting* | How can we promote peace and  wellbeing to counter stress  and agitation? |
| Name of  the person  you are  supporting |
| How can we better understand the thinking style of the person we are supporting? How will the news of their diagnosis be received and understood? |
| How has the person coped with previous experiences of change/loss/ill health? |