



MAPPING YOURSELF with guidance

If you are caring for family members or friends, providing extra help because of their illness, disability or aging, “Mapping Yourself” is an opportunity to learn deeply about yourself and your situation so that you can better identify new ways of managing your efforts, or find additional coping strategies. “Mapping Yourself” will help you to see your situation: Where does the time go? Who is involved? What is effortless for you, and what takes a toll?

Guided by experts in “self-tracking”, you will learn how to map yourself - to observe and keep track of different activities and situations in your life without distracting you from the rest of your life. You will learn how to make sense of and act upon what you discover.

Additional Information

About the project

This is a 3-month, special project sponsored by the Santa Barbara Foundation, the first of its kind anywhere, open to family caregivers in Santa Barbara County. Only a few will be accepted into this pilot project. Based on what we learn from the pilot, similar programs may be offered to many more people in the future.

Who can participate?

Any resident of Santa Barbara County who is actively caring for family members or friends, providing extra help because of their illness, disability or aging may participate.

The care assistance can be of any sort: hands-on assistance, social support, helping with household activities, providing transportation, etc.

By actively we mean at least 2 hours per day (on average) spent providing such care.

You must be able to meet the time commitment described below, including four meetings in Santa Barbara. And you must have a smartphone (iPhone or Android), and email.

Participation will be limited to eight (8) people.

What will I have to do?

Mainly you will be tracking different aspects of your life (such as sleep, time spent caring, moods, people you interact with, etc.) using a combination of automatic devices and manually-kept logs. Sometimes we'll gather data on smartphones, but often we'll use pencil-and-paper.

Initially, all participants will track the same, commonly useful information (such as sleep). In later stages we will devise individualized tracking

strategies, with each participant tracking something different. Some things (such as the amount of walking) may be tracked continuously over the whole 3-month period, while other things (such as a detailed log of all caring activities) may be done only occasionally.

The group — up to 8 participants, and 4 experts — will meet once a month for four months. The experts will provide guidance on what is worth tracking, how to gather data, and then how to draw and make sense of your data. The whole group will help each other learn from their data and learn about themselves.

Devices for tracking (such as a “Fitbit” for tracking walking, or a sensor for tracking sleep) will be provided. You are also free to use your own.

What is the time commitment?

There will be four meetings, tentatively scheduled for 5-7 pm on these dates: Wed, May 24th; Thu, June 22nd; Wed, July 19th; Wed August 23rd.

In between the meetings, you will spend time tracking different aspects of your life, and thinking about what the data means. How much time this takes will depend on what you choose to track. It is not intended to be disruptive, though we wouldn't be surprised if the biggest challenge is keeping your enthusiasm for “doing more” in check.

Who is providing the expert guidance?

- Rajiv Mehta, CEO of [Atlas of Caregiving](#), and Board Member of [Family Caregiver Alliance](#).
- Gary Wolf, Co-founder of [Quantified Self](#), and Contributing Editor of Wired Magazine.

- Dawn Nafus, Anthropologist at Intel Labs, and editor of [Quantified: Biosensing Technologies in Everyday Life](#).
- Jon Cousins, Publisher of [Moodnudges](#), and expert on mood tracking.

Who else is involved?

Atlas of Caregiving is leading and managing the “Mapping Yourself, with guidance” project. Atlas is a nonprofit focused on studying and supporting family caregiving.

Mapping Yourself is part of a larger “Mapping Santa Barbara” project supported by a grant from the [Santa Barbara Foundation](#), as part of its [Community Caregiving Initiative](#). Other organizations involved in Mapping Santa Barbara are: [Family Service Agency](#), [Marian Regional Medical Center](#), and the [Santa Barbara County Promoters Network](#).

What is the cost?

Participation is FREE.

The Santa Barbara Foundation is covering the costs of the project. Why? Because they believe the project will be very beneficial for the participants, and because they expect to learn about whether and how such a program could be expanded to support many more people.

What about privacy?

Discussions within the group — up to 8 participants, and 4 experts — are meant to be open and honest. You can be as open or private about your own situation as you are comfortable doing.

Outside the group, your personally identifiable information will *not* be disclosed to anyone by project staff without your explicit permission.

Atlas will share publicly what we learn from the project — to what extent participants found the project beneficial, what kinds of things participants learned, etc. — as long as we can preserve anonymity.

Participants are free to talk as openly as they like about the project, while respecting other participants’ privacy.

How do I sign up?

If you are interested in participating in Mapping Yourself, or if you have any questions, contact:

Rajiv Mehta, CEO Atlas of Caregiving
rajiv@atlasofcaregiving.com

If you want to know more about the Santa Barbara Foundation’s Community Caregiving Initiative, contact:

Phylene Wiggins, Senior Director of Community Investments, Santa Barbara Foundation
pwiggins@sbfoundation.org