

• • • • • let's keep planning to care

have you created a care plan yet? reflect on the routines contributing to your overall well-being. use the questions as a starting point to create care plans for specific areas of need (pain management, mental health maintenance, etc) or to paint a larger picture of care (organizing neighborhood assemblies, contributing to mutual aid efforts, etc). consider returning to these questions as new care needs intersect your path. remember: collective care strategies are welcome to permeate your personal care plans.

what kind of care do you (or we) need?

when do you (or we) need this care?

how are you currently tending to these care needs?

what preventative or maintenance rituals can you include in your routines to anticipate care needs?

who can you collaborate with to create better conditions of care?

what resources do you need to care better?

what are some barriers to caring more meaningfully?

what are the catalysts supporting your efforts to care?
what motivates you to maintain your care plan?

how will you safely cope or react if your intentions to give and receive care do not go according to plan?

who can you call-text-chat when you're in need of support?
(seriously, write these down.)

are there any opportunities to make this care or care planning more pleasurable?

how will you check in on the progress of your care plans?

what other questions are important to ask in your care planning process?