

Rise & Shine

LIFE COACHING AND ADVOCACY

CARE MAPPING & FAMILY PLANNING TOOLKIT

From Overwhelmed to Organized

A step-by-step workbook designed to help families create
a clear picture of supports, resources, goals, and next
steps.

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One step at a time.
One day at a time.
You've got this!

DISCLAIMER

Rise and Shine Life Advocacy provides coaching, advocacy, education, and peer support services. These services are not therapy, counseling, medical treatment, or legal advice and are not intended to diagnose, treat, or cure any medical or mental health condition.



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Welcome

Welcome to the Care Mapping & Family Planning Toolkit!

What is Care Mapping?

Care Mapping is the process of identifying, organizing, and visualizing all the supports, services, and people involved in your child's care. It helps you see the full picture so you can make informed decisions and advocate effectively.

Why Does Organization Matter?

When you are managing appointments, therapies, school meetings, and daily care, it is easy to feel overwhelmed. This workbook gives you one place to gather your thoughts, track your progress, and plan your next steps.

How To Use This Workbook

There is no right or wrong way to use this toolkit. You can work through it page by page, or jump to the sections that feel most urgent. Fill it in at your own pace. Come back to it as things change. This is your living document.

*"You do not need a perfect plan.
You simply need a place to begin."*



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My Child's Story

Child's Name:

Date of Birth:

My child is unique because:

What brings my child joy?

My child's greatest strengths:

What I want others to know about my child:

Family Snapshot

Who lives in our home?

Who helps support our family?

What is currently going well?

What feels most difficult right now?

My Circle of Support

Family Members

Name	Relationship	How They Help	Phone

Friends

Name	Relationship	How They Help	Phone

Medical Providers

Name	Relationship	How They Help	Phone

School Team

Name	Relationship	How They Help	Phone

Community Supports

Name	Relationship	How They Help	Phone

Care Map Master Page

Medical Supports

Educational Supports

Therapy Supports

Community Supports

Family Supports

Current Challenges

Medical Challenges

School Challenges

Behavior Challenges

Family Challenges

Emotional Challenges

Strengths Inventory

- ☐ Kind
- ☐ Funny
- ☐ Creative
- ☐ Curious
- ☐ Determined
- ☐ Loving
- ☐ Helpful
- ☐ Independent

Other: _____

Family Strengths: _____

"Focus on strengths today so you can build on them tomorrow."

Goal Setting Worksheet

Medical Goal

Current Situation:

Desired Outcome:

First Step:

Educational Goal

Current Situation:

Desired Outcome:

First Step:

Family Goal

Current Situation:

Desired Outcome:

First Step:

Future Planning

Things I Worry About

Things I Can Control

Things I Cannot Control

"Focus on what you can control and release what you can't."

Resource Finder

Resources We Already Use

Resources We Need

Questions To Research

Contact Information

Parent Wellness Check-In

How am I really doing?

What support do I need?

What am I proud of this month?

What can I do for myself this week?

"Self-care is not selfish. It helps your whole family."

Monthly Care Map Review

What is working well?

What is not working?

What needs attention?

Who can help?

My top 3 priorities this month:

1.

2.

3.

Appointment Planning Page

Appointment Date:

Provider:

Reason for Appointment:

Questions I Want To Ask:

Notes:

Follow-Up Needed:

"Preparation today brings confidence tomorrow."

Advocacy Action Plan

My Top 3 Priorities This Month:

Priority #1:

Priority #2:

Priority #3:

Small Next Step I Will Take:

"Small steps create big change."

My Child's Communication Profile

How my child communicates:

Best ways to communicate with my child:

Things that help:

Things that don't help:

Important things others should know:

This page is excellent for school staff and caregivers.

Finances & Benefits Tracker

Insurance Company:

Group Number:

Benefits We Receive:

Financial Assistance Programs:

Programs To Research:

Notes:

Important Documents Checklist

- ☐ Birth Certificate
- ☐ Social Security Card
- ☐ Insurance Cards
- ☐ Medical Records
- ☐ Diagnosis Letters
- ☐ IEP / 504 Plan
- ☐ Therapy Reports
- ☐ Immunization Records
- ☐ Financial Documents
- ☐ Power of Attorney
- ☐ Healthcare Proxy
- ☐ Guardianship Documents

Other:

My Next Steps

What are my next 5 action steps?

1.

2.

3.

4.

5.

A Note To My Future Self:

"You are doing better than you think."



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This workbook is intended for informational and personal development purposes only and is not a substitute for medical, psychological, educational, legal, or financial advice.

Always consult qualified professionals regarding medical care, mental health concerns, educational planning, legal matters, and financial decisions.

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