

II Template for analysis of the Logs and Mapping of Resources

Summary of individual mapping of resources and coordinator log

Country _____ Norway

Participant ID 020101

1st meeting:

Choice of focus areas

- Understanding the disease
- Knowledge about food and medicine
- Handling emotions and worries
- Carer's mental well-being

2nd meeting:

Follow up on the focus areas

Carer's need for support – talk to a psychologist as a preventive measure

Job and economy, possibilities for working less and receiving economic compensation, receiving pension

3rd meeting:

Follow-up on possibilities for working less and receiving economic compensation

Conversation about prioritizing own resource and about self-care

Medical adjustments

Follow-up on talk about psychologist

Offer concerning psychologist's group sessions for caregivers

Supplementary information from the Log of resources

NOTE:

Seemingly, they have talked about a psychologist (seen in the minutes from the meetings) but not initiated this service