

Support Systems

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Challenge No 10



The Care Chart

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Prepare a separate care chart for each family member and use it to start conversations on support systems for ALL family members.

1. Name: _____.
2. Role/s: Work / Housekeeping / Childcare / Eldercare / Other _____.
3. Number of Weekly Days Off: _____.
4. If 3 is zero, which role gave you no weekly day off: _____.
5. Sick leave: Yes, had leave / No, but had some flexibility and enough rest / No with a little flexibility and not enough rest / No leave and no rest at all.
6. Which role interrupted sick leave or rest: _____.
7. Support system when sick: none / maid / paid care / names of other family members who provide care _____.
8. If 7 is the maid, your support system when sick and the maid is on leave: none / names of other family members _____.

Prepare a chart when a family member is unwell and examine factors like busy lifestyles, long commutes, rigid gender roles, etc. on rest, leave and care provided to every member at home.

GOALS

EQUALITY IN REST, LEAVE AND CARE

Every family member has an equal right to adequate sleep, a weekly off, sick leave and a support system for convalescent care.

PLAN A SUPPORT SYSTEM

Leave no one out.

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