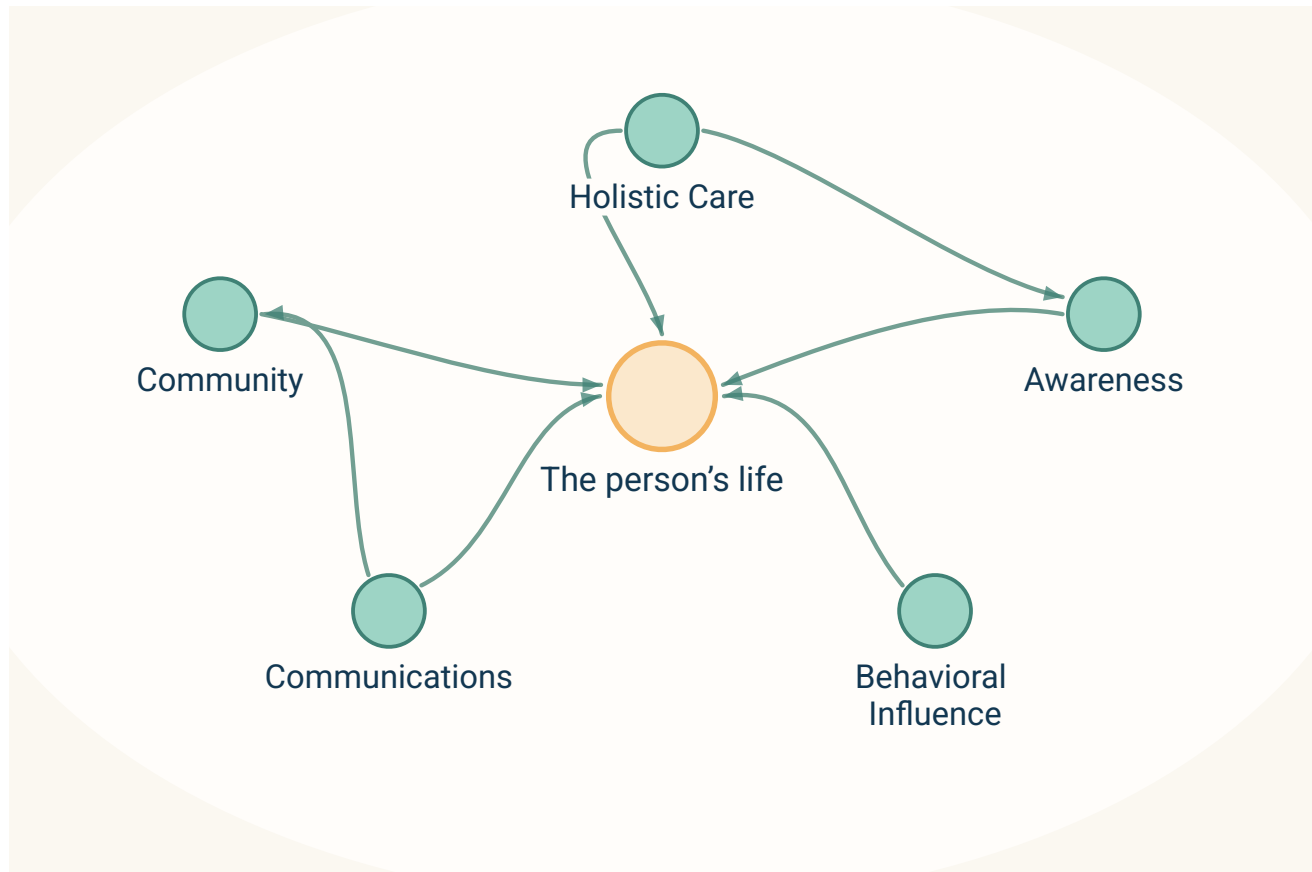


PART I – Human Foundations

Joe Gleason · Advance review draft 3.7 – October 2026



Connection map – Human foundations belong together

Holistic Care begins with the person and the circumstances around their life. Awareness makes relevant information understandable and usable. Behavioral Influence asks what makes a worthwhile next step possible and freely chosen. Communications makes room for concerns and dependable commitments. Community connects the person with relationships and services beyond one household. Knowing what matters helps determine what needs explaining. Listening can reveal missing support that community relationships may help address. These are the first five principles, not five guaranteed outcomes.

Before we decide what to build, what to send, or what to measure, we need to understand whose life we are entering.

A person arrives at a hospital, calls a community organization, or walks into a Day Center with more than a need for service. There are relationships, routines, responsibilities, beliefs, worries, abilities, and things worth looking forward to. Some will

be easy to describe. Others will take time and trust to share.

The same is true of families and communities. We should not expect one arrangement, one explanation, or one invitation to fit them all.

The first five CarePhysics principles establish the foundation for working with those differences.

Holistic Care begins with the person and the circumstances around them. **Awareness** turns information into something people can understand and use. **Behavioral Influence** examines what would make a worthwhile next step possible and freely chosen.

Communications helps people listen, express concerns, and make dependable commitments. **Community** extends support beyond one person or household into relationships and services that can follow through.

These principles belong together. Knowing what matters to someone helps us choose what to explain. Understanding their circumstances helps us avoid asking for something they cannot reasonably do. Listening reveals where support is missing. Community gives some of that support a place to come from.

Design runs through all five. It shapes the questions we ask, the examples we choose, the order in which we explain things, and the way someone reaches a person when they need help.

Love becomes visible in the attention we give. Purpose helps us understand what the care is meant to protect or make possible. Trust grows through what happens after the conversation.

AI can assist with carrying that understanding forward. But before an assistant can help prepare a relevant explanation, someone must establish what is relevant. Before it can organize a useful plan, people must decide whose priorities the plan serves.

We begin there: with a person, a family, and a question that makes room for more than one answer.