

Duration: 10-15 minutes

## Materials Needed

This activity only takes a piece of paper and some pens or pencils

## Instructions

\*For a video example, check out the videos under the Additional Resources on the [Atlas of Care website](#).

- To start, you will need a blank sheet of paper and a pen or pencil.
- Start by listing all the people involved in your life that you care for or care for you. This includes family members, friends, neighbors, coworkers, and professionals on one side of the paper.
- Draw a representation of yourself in the center of the page.
- Draw the people you identified around you. Use different shapes to represent different types of relationships (i.e., circles for family, squares for friends, etc.). Depending on how close you are to these people, represent that with different 'levels of closeness' to you.
- Use arrows to show the direction and frequency of care. Thicker arrows can represent more frequent interactions.
- Add any relevant services or organizations that are part of your care network. This may include transportation services, daycare, doctors, and community programs.

Look at your Care Map and use the discussion and reflection questions below to guide your thoughts.

## Discussion and Reflection Questions

- Who are the key people in your care network?
- Are there any gaps in your care network that need to be addressed?
- Has your Care-Map changed over time? Would you like to change any of the connection's closeness?
- What did you learn about your care network through this activity? How did it make you feel to see it mapped out?
- Were there any surprises or insights that emerged?
- How can you use your Care-Map to improve your life?
- What steps can you take to strengthen your Care-Map?