

Person Centered



Community Map

We often think of a community as a group of people living in the same neighborhood. But communities can consist of any group of people brought together by a common purpose – either in the real world or in a virtual world – online.

You can use the Community Mapping to see where the person spends their time (outside of their home). This can help you to think about:

- **What would it take to extend the places where the person goes?**
- **What roles the person has in each place?**
- **What is working and not working about where they go?**
- **Where they can contribute to and be fully part of the community life.**
- **What opportunities could be created to increase connections and develop relationships?**

HOW TO DEVELOP A COMMUNITY MAP:

When you are using this tool, start by working with the person that you support to write down the places that they already go to. Next, think together about how you can increase the number of places they go to and maximize opportunities for relationships. Here are some areas to think about:

- Places where I am a customer – this might include places like a shop, the hairdresser or local leisure center that the person visits regularly
- Places where I feel good – Most of us have special places that just make us feel good inside. Perhaps this is a place in the countryside or local area.
- Places where I am a member – Many people are members of religious groups & social or sports clubs. This can be a great way of meeting new people.
- Places where connections can be strengthened – can you identify ways to strengthen any of the existing connections? This might be through encouraging a friendship or additional involvement to give the person more of a chance to connect and bond.
- Places where new connections can be made – This is where you can work with the person you support to identify places where new connections could be made. Use the information from

their good day chart to identify what makes them happy or what's important to them and then use your imagination and creativity to make things happen.

Look at the **Person's gifts, skills & interests**. What would they like to do or do more of? Where in the community might these gifts be welcomed?

Look about in your local area & find out **what groups and clubs exist**.

Look for **associations that are working to improve the local community**. What contributions could the person you support make? Would they like to join any of these groups, or find another way to contribute?

Reflect on your own relationships & connections & think about how far you are prepared to share these with the person you support. It may help to connect someone & widen their contribution.

The purpose of doing a Community Map is to learn & reflect together & then move to action, so make sure that your action plan is SMART (Specific, Measurable, Assignable, Realistic and Time-Related)