



## Community Care Mapping

The Well Healing

### **What's a Care Map?**

A Care Map is a visual representation of your support system and resources.

### **Why should I make one?**

Care Maps...

- Are useful for identifying personal resources before and during crisis
- Clarify your unique support system and relationships to community members
- Remind us of our personal capacity and access to care

### **What resources do I include?**

ANYTHING and ANYONE that is supportive to your wellbeing! That could include individuals, organizations, locations, or activities. What and Who helps you connect you to your unique needs?

### **What if I don't have a lot to add to my map?**

Quality over quantity! Resources often overlap and that's okay. Be open to the challenge of receiving support (You deserve it!). Co-creating care under capitalism is systemically discouraged. For Black, queer and trans, disabled, low-income, and other marginalized folx, there are real structural barriers that make access to resources challenging. If there are areas on your map less detailed than others, consider this feedback for next steps. Identifying the care we need is an important step for making change. You are worthy.

Take your time.

# Creating your Care Map

1. Take time for grounding and opening yourself for receiving care.
2. Add your name to Care Map template or blank sheet of paper.
3. Consider different areas of your care and add them to your map.
  - a. For example: physical, mental, financial, emotional, spiritual health, etc.
  - b. Tip: Name each “area” something unique or meaningful! (e.g. financial support as the “Co-creating Coins Crew”)
4. Add all related individuals, organizations, activities, places, etc. that provide support in these areas.
  - a. For example: loved ones, health care professionals, and favorite self-care practices
  - b. Tip: include details like contact information and accessibility for easy reference!
5. Consider areas of your map you would like to see grow.
6. Offer gratitude for care and towards yourself for acknowledging it.
7. Keep your map somewhere you can access for future reference!

Take good care.