

ECOMAP EXAMPLE

SERVICES

Which are the services / agencies that have been used in the past?

Any services providing support at present?

What have these experiences been like? (positive / stressful)

Are there any services you would like to be getting support from?

FAMILY/KIN/FRIENDS

Who are the people you have regular contact with?

What is the nature of those relationships?

Who do you go to when you need support?

Who do you find you rely on to get support?

Who are the people you don't see often but know are there for you?

Who would you like to see more of?

CULTURE

Who are the people or places that help you feel connected to your culture?

What kinds of cultural activities do you participate in?

What type of contact do you have with your culture?

What are these experiences like?

COMMUNITY

What places do you spend time at within the local community?

Do you belong to any groups in the community? i.e. church, sport, social etc

What things are available for you within the community? Do you access these?

Are these positive or stressful experiences?