



# Ecomap

## Fact Sheet

### What is an Ecomap?

An Ecomap is a visual representation of your important relationships. It focuses on the relationships you have with various “systems” in your life. These might include individual interactions with the external world and focuses on relationships with family and friends. It may also include groups such as mental health systems, religious groups, social and cultural organizations, the education system, the child welfare system, and your medical / specialist community, to name a few.

The Ecomap shows which systems are sources of strength or support and those that may cause you anxiety or stress. When these repeat over time, Ecomaps reflect changes in these relationships as you grow.

Why should you make an Ecomap?

Ecomaps help us organize, and see on paper, the people and organizations that surround you and support you. It also highlights any duplication of services and informs the care team on how to reduce these repetitions while shining a light on gaps in support.

With this information, we can avoid suggesting resources you’re already connected to or family engagement if the relationships are not healthy. We work to build a person-centered plan of care and support.

### Person-Centered Care: What is it?

Person-Centered Care is the phrase we use to describe how service providers and their patients work together on goals that are a priority for you – the patient. It looks at more than just your medical situation. It looks at things such as your living environment, your childhood and upbringing, your employment, favorite hobbies, personal values and priorities, and your specific wishes for your care delivery.

A person-centered care approach ensures you are the focus of care – not your diagnosis or condition. It allows us to value your voice and ensure your quality of life is factored into your plan of care.

### What can I expect from my care team?

- **Collaboration.** We are here to support you, so it is helpful to understand you and your experiences. We’ll talk about successes and barriers, make plans, and have in-depth conversations about what is important to you. And, we will do it together with you and the people you have indicated as important to you and your decision making.
- **Care.** Unconditional support, free from-judgment.
- **Honor.** We respect your individual goals and honor your self-determination.
- **Flexibility.** We aren’t directive. We won’t tell you what to do, but we will recommend or advise.
- **Value.** We appreciate your perspective. We will engage in activities that help us better understand your life and experience. This includes the Ecomap.
- **Dignity.** We provide care in a caring and mindful way while promoting self-determination.



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Instructions: Fill in connections where they exist. Indicate the nature of the connections with a descriptive word or by drawing different types of connection lines. Include arrows with the connection lines to identify the direction of energy.

| Relationship (family, friend, provider, community organization, etc.) | Type of Relationship (Strong, Weak, Stressed) | Potential long-term support (Yes or No) | Notes / Action Items |
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