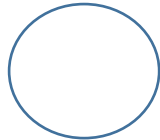


Guidance on developing eco-maps

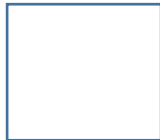
An Eco-map is a diagram of a person's important relationships with people, groups and organisations. By using different symbols the relationships can be shown as sources of support or stress and can be useful to consider which people or groups are likely to facilitate or hinder change.

General practice is to use the following types of symbols in Eco-Maps:

Female =



Male =



Supportive or positive relationship =



Neutral relationship =



Stressful relationship =



Tenuous relationship =



Direction of energy / resources =



Compiling Eco-Maps should be a collaborative process with parents, aimed at understanding who is significant in their network. The people placed in the Eco-Map should therefore be the parent's decision but practitioners can add to the process by asking questions to elicit important people or groups who may have been forgotten e.g.

- Who would you call for help if you were ill and the children needed to get to school?
- Who would you send a birthday or Christmas card / email / text to?
- Who do you speak to regularly over text / on the phone / on Facebook?
- Who asks you for help?
- Who do you give help to?
- Who would you speak to if you were feeling sad / stressed?
- Are there any groups you go to regularly e.g. more than once a month?
- Are there any organisations involved in your life e.g. employer, Social Care, GP

There is an excellent and interactive example of the information to be gained from Eco-Maps available at: <http://routledgesw.com/sanchez/engage/mappingTheCase>

