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MA Tools in Action: Mapping Relationships

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MA Charting the LIFECOURSE Champion

A Poll will be shared with the group, please answer the following questions:

- What is your experience with CtLC:
 - I use it all the time!
 - I have heard of it but haven't used it.
 - This is my first time learning about it.
- Are you joining as a:
 - Parent
 - Provider
 - Self Advocate
 - Hold Dual Roles
- What setting do you work with or does you/your loved one live in:
 - Residential Home
 - Foster/Shared Living
 - Community Family Setting
 - Independent Living



Tools Being Reviewed:

- Reciprocal Roles.
- Mapping Relationships



RECIPROCAL ROLES

| CARING ABOUT | Who serves in this role now? | Who are you doing this for? | Next Steps |
|---|------------------------------|-----------------------------|------------|
| Shares Love, Affection and Trust | | | |
| Spends Time and Creates Memories Together | | | |
| Knows about Personal Interest, Traditions, Cultures | | | |

| CARING FOR | Who serves in this role now? | Who are you doing this for? | Next Steps |
|--|------------------------------|-----------------------------|------------|
| Supports Day-to-Day Needs | | | |
| Ensures Material and Financial Needs are Met | | | |
| Connects to Meaningful Relationships and Roles | | | |

Each one of us has people in our lives that make a difference. They may be family members, friends or people that are “like family.”

This principle highlights the importance of understanding who these people are and the impact they have on you and that you have on them.

To truly understand a person and the supports they might need, it is important to know who the people in their life are and the different roles they play.

There are two LifeCourse tools that will help you map relationships. **The Reciprocal Roles Tool** will help identify the roles people play in each other’s lives. **The Mapping Relationships Tool** helps identify the important people in your life and the different ways they provide support.

These two tools can be used by anyone at any age to develop a plan on supporting a person as their needs change or the caregivers’ needs change.



MAPPING RELATIONSHIPS

| CARING ABOUT | Who serves in this role now? | Looking Ahead | Next Steps |
|---|------------------------------|---------------|------------|
| Shares Love, Affection and Trust | | | |
| Spends Time and Creates Memories Together | | | |
| Knows about Personal Interest, Traditions, Cultures | | | |

| CARING FOR | Who serves in this role now? | Looking Ahead | Next Steps |
|--|------------------------------|---------------|------------|
| Supports Day-to-Day Needs | | | |
| Ensures Material and Financial Needs are Met | | | |
| Connects to Meaningful Relationships and Roles | | | |



RECIPROCAL ROLES



CARING ABOUT

Who serves in this role now?

Shares Love, Affection
and Trust

Spends Time and Creates
Memories Together

Knows about Personal
Interest, Traditions,
Cultures



CARING FOR

Who serves in this role now?

Supports Day-to-Day
Needs

Ensures Material and
Financial Needs are Met

Connects to Meaningful
Relationships and Roles


Advocates and Supports
Life Decisions


Brief Overview of Reciprocal Roles Tool.





RECIPROCAL ROLES


|  CARING ABOUT | Who serves in this role now? | Who are you doing this for? | Next Steps |
|--|------------------------------|-----------------------------|------------|
| Shares Love, Affection and Trust | | | |
| Spends Time and Creates Memories Together | | | |
| Knows about Personal Interest, Traditions, Cultures | | | |

|  CARING FOR | Who serves in this role now? | | |
|--|------------------------------|--|--|
| Supports Day-to-Day Needs | | | |
| Ensures Material and Financial Needs are Met | | | |
| Connects to Meaningful Relationships and Roles | | | |
| Advocates and Supports Life Decisions | | | |

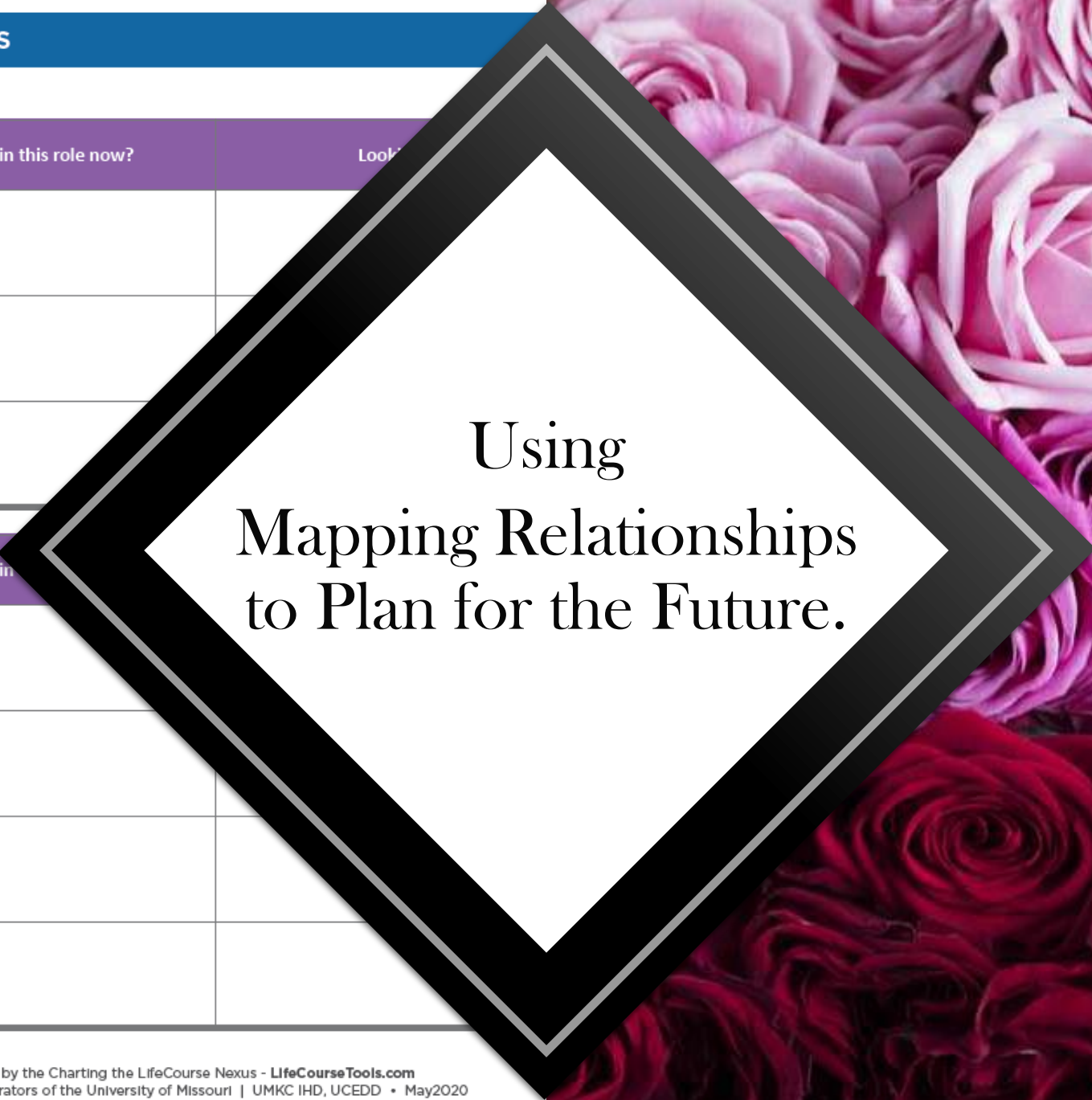
The Reciprocal Roles tool will help you identify the people in your life and ways they support you. It also helps you explore ways that you support other people and roles you play in their lives. It can identify gaps as well as the potential for building even stronger relationships.





|  CARING ABOUT | Who serves in this role now? | Looking for |
|---|------------------------------|-------------|
| Shares Love, Affection and Trust | | |
| Spends Time and Creates Memories Together | | |
| Knows about Personal Interest, Traditions, Cultures | | |

|  CARING FOR | Who serves in | Looking for |
|---|---------------|-------------|
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Using Mapping Relationships to Plan for the Future.





MAPPING RELATIONSHIPS

|  CARING ABOUT | Who serves in this role now? | Looking Ahead | Next Steps |
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| Spends Time and Creates Memories Together | | | |
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|  CARING FOR | Who serves in this role now? | Looking Ahead | Next Steps |
|--|------------------------------|---------------|------------|
| Supports Day-to-Day Needs | | | |
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| Connects to Meaningful Relationships and Roles | | | |
| Advocates and Supports Life Decisions | | | |


The Mapping Relationships tool will help you identify the different people and ways that they support you. Some of the people in your life might fulfill a lot of different roles while others might have only one significant role. It can help you have conversations about the future and who may fill those roles when others are no longer able.





MAPPING RELATIONSHIPS

|  CARING ABOUT | Who serves in this role now? | Looking Ahead | Next Steps |
|---|------------------------------|--------------------------|--------------------------|
| Shares Love, Affection and Trust | Group Discussion: | Group Discussion: | Group Discussion: |
| Spends Time and Creates Memories Together | | | |
| Knows about Personal Interest, Traditions, Cultures | | | |

|  CARING FOR | Who serves in this role now? | Looking Ahead | Next Steps |
|---|------------------------------|-------------------|-------------------|
| Supports Day-to-Day Needs | Group Discussion: | Group Discussion: | Group Discussion: |
| Ensures Material and Financial Needs are Met | | | |
| Connects to Meaningful Relationships and Roles | | | |
| Advocates and Supports Life Decisions | | | |



Thank You
for Attending:
Please share
any questions
to the chat.

