



Relationship map

Person-centered planning

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Family members involved in my life

People and organizations that support
me at home

People and organizations that support
me at work, school, and/or training

Friends

Instructions:

1. Write the person's name in the center circle.
2. Write the names of individuals the person knows and cares about into the map accordingly. Be sure to put those who may have larger, more important roles to the person, closer to the center circle. Indicate the nature of the relationship by the placement ie: family, friends, people who help me at home; people who help me at work, school, training, etc.
3. Indicate the intensity and strength of the relationship by writing the name closer to the center. Place people who are, or might be, involved in the person's support circle in the inside squares. Some people may be in more than one group.
4. Look at the map. What do you notice? Do you see any patterns or themes? When the relationship map is finished, you should be able to easily see where support is solid and where support is lacking. Take time to brainstorm who could fill these gaps and how they could be beneficial to the people you serve. For most of us, having relationships in each area contributes to the life we want.