

## THE ESSENTIALS OF

# Care Mapping

## For Your Child

### What is Care Mapping?

A family-driven, person-centered process that provides a big picture snapshot of your child's needs, the supports they are receiving and the connections between resources. Making a care map at different ages and stages helps you visualize the changes in your child's needs and services as they grow.

### How Do I Use a Care Map?

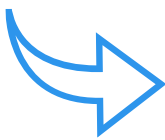
You can share the map with your child's IEP team, medical specialists and therapists to help them understand your child's needs. You can also look for gaps or duplication in services to see where your child may need more or less supports and it's a useful tool to help you fill in their circle of supports with family, friends and community.

### How Do I Create a Care Map?

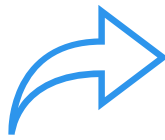
Start with a blank paper and draw a circle with your child's name in it. Draw a second circle around that and add your family. Draw spokes around the circle and add categories like school, medical, advocacy, community, etc., at the end of each spoke. For each category, add names, services and supports your child has. Use multiple colors for each grouping to see them better.

## Designing Your Care Map

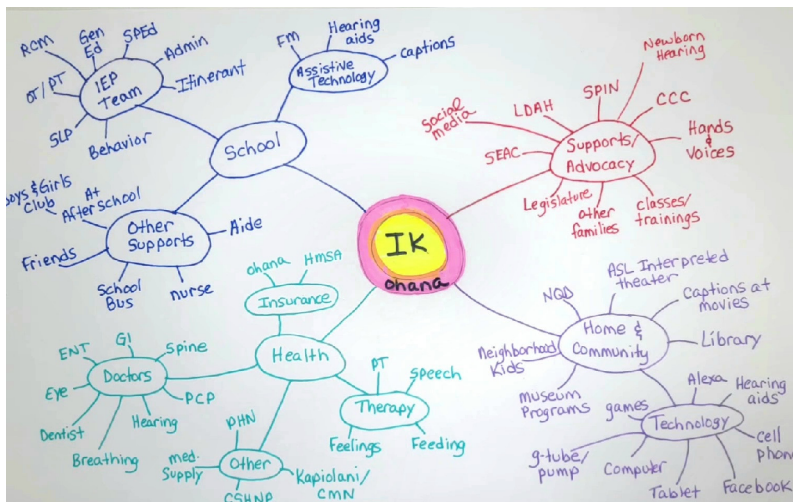
Use multiple colors for different categories



Start simple, add more as needed



Break down large categories into smaller groups



You can start on paper, then make it digital for easy reading & printing



Include your child in the creation process



Think outside the box of typical supports your child uses.

Creating a care map can help you see the big picture around the care and supports needed for your child to grow and thrive.