

## **Disability Resource Hub Disclaimer**

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# relationship map

Using a relationship map can help those around a person learn about the important people in their life. When getting ready for a planning meeting supporting the person to develop a relationship maps can help to identify who to involve in the planning process. Relationship maps can also:

- ***Be used to identify where existing relationships may be strengthened, maintained, or renewed, especially when the person is reliant on others to make contact with people.***
- ***Show the balance of family and friends versus paid supports in the person's life.***
- ***Help staff learn who is important to the person.***

Looking at people the person enjoys spending time, their personality characteristics and interests can also help when recruiting new staff.

This information was developed by Helen Sanderson Associates (Australia) in 2011, for Ageing Disability and Home Care, Department of Human Services NSW, as a resource to support the Lifestyle Planning Practice Guide and Tools. Most of these tools are Person Centred Thinking tools, and were either developed by The Learning Community for Person Centred Practices, or Helen Sanderson Associates. They are used here with permission. We would like to thank the residents, family members and staff for their time and support in developing examples.

These instructions are not intended as a substitute for training. If you are using these tools for the first time and have not attended a Person Centred Thinking course, please seek support from a colleague or manager who has attended training.



Other people in my life

Important people in my life

Most Important people in my life

What will it take for me to have more people in my life and closer relationships?

# tips

- 1 There are many different formats for capturing information about relationships. The most important things to think about are who is in someone's life, how close the person feels to those people, how many people are paid to be in someone's life versus family or friends. So long as this is clear, it doesn't necessarily matter how the information is captured.
- 2 Some people may want to include pets, people who are deceased, or people who don't see themselves as having a relationship to the person at all.
- 3 Sensitivity may be required once this information is recorded, different people may be offended if they learn that the person does not feel as close to them as they would expect.



## Other people in my life

*Sarah (my housemate)  
Dr W*

## Important people in my life

*Wendy (from my day service)  
Gerard  
Mary, Cam and Andrea (staff at home)  
Diana, and Barry (my housemates)  
Lou my hairdresser*

## Most Important people in my life

*Michael (boyfriend)  
My sister, Yvie and her husband, Adam  
Stephen  
Nat (supports me at home)  
Vincent  
Steph and Mary (staff at day service)*

### What will it take for me to have more people in my life and closer relationships?

*I want to spend more time with Michael but can't always get staff to take me to visit him.  
Help to email my sister more often. I'd like to do this every week.*

## tips

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