

## Our ecomap

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You are invited to draw up a portrait of your support network, i.e. your family and friends and the resources close to you, using a tool called the "Ecomap".

The purpose of this tool is to have an overall picture, as accurate as possible, of the people around you - or who could be mobilized - before expressing your support needs and requesting help.

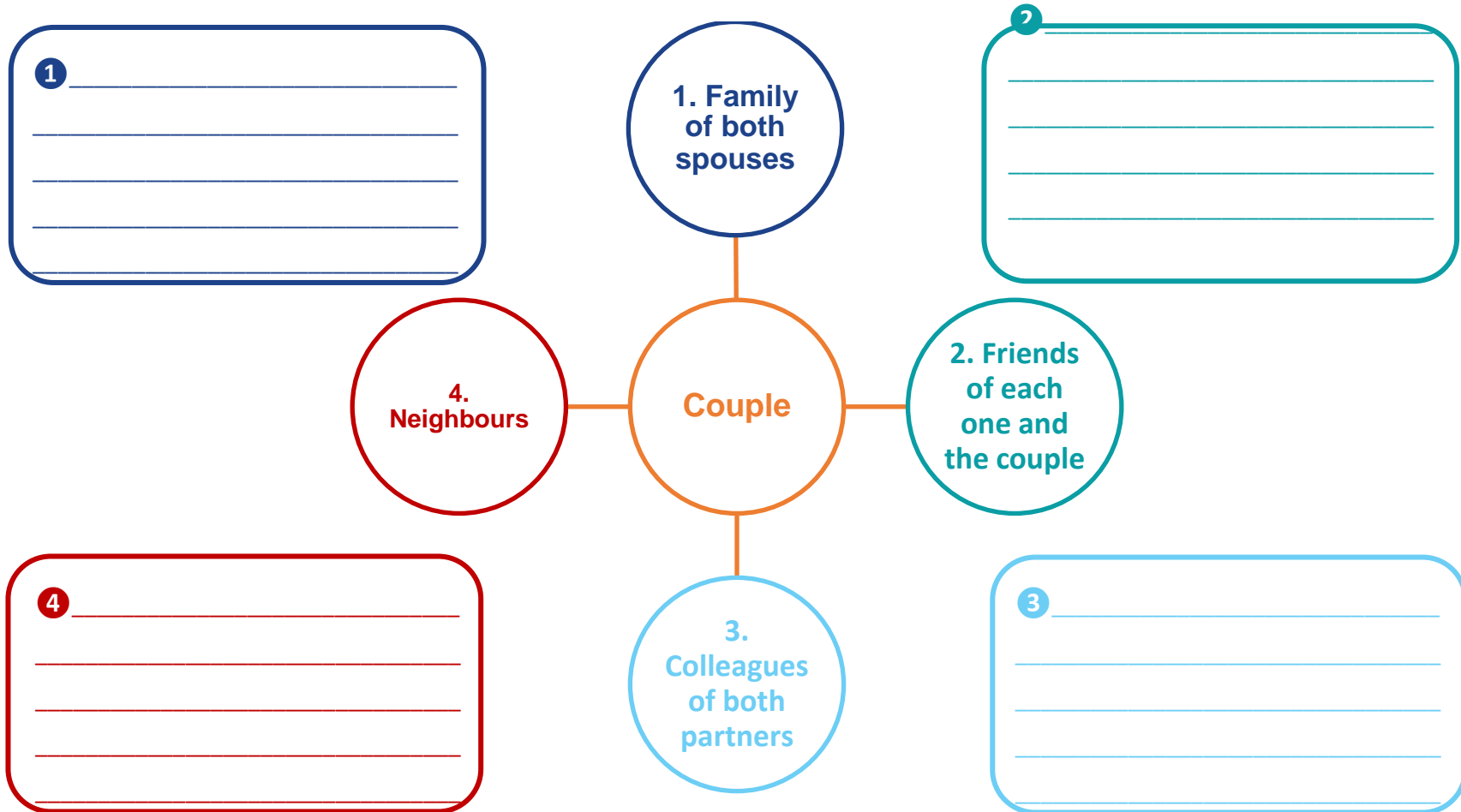
This ecomap allows you to identify your support network and also to consider whether there are other people who might be significant in a particular need or assistance situation.

This tool could be particularly useful if one of you is ever admitted to the hospital and in other everyday circumstances where you may need support and assistance.



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## Our environment: an example to be detailed



## The resources in our community: a model to be completed

