

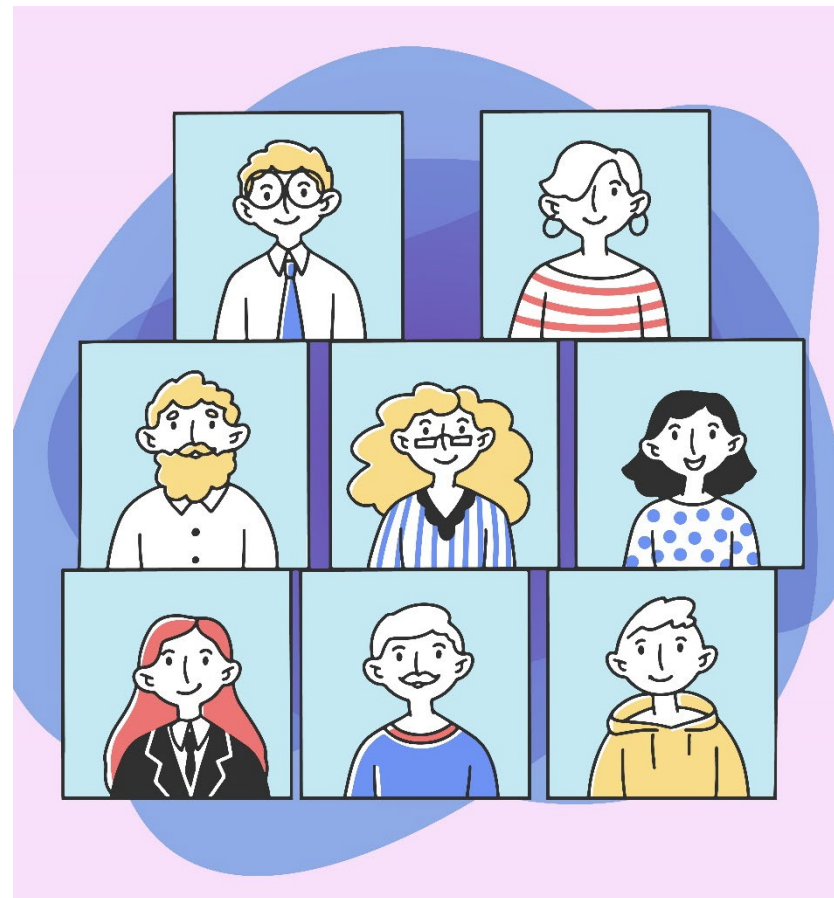
My Ecomap

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».

This tool gives you a quick overview of who you can contact to stay connected and healthy.

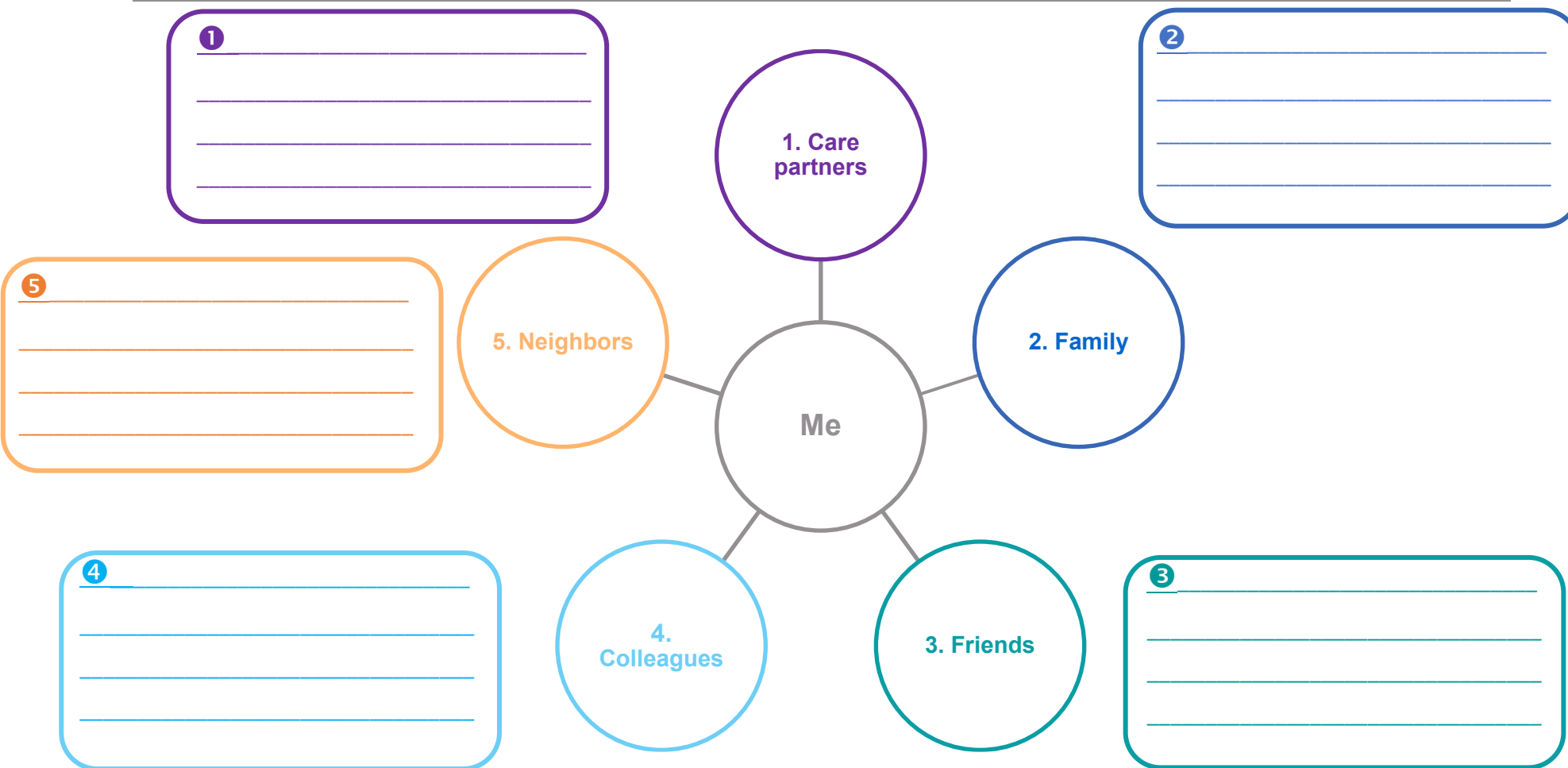
The Ecomap is not only useful for you, but also for doctors and healthcare professionals in different situations where you may need help or support. Share it with them and your family and friends.


By being better equipped, you can all benefit from this tool and take action!



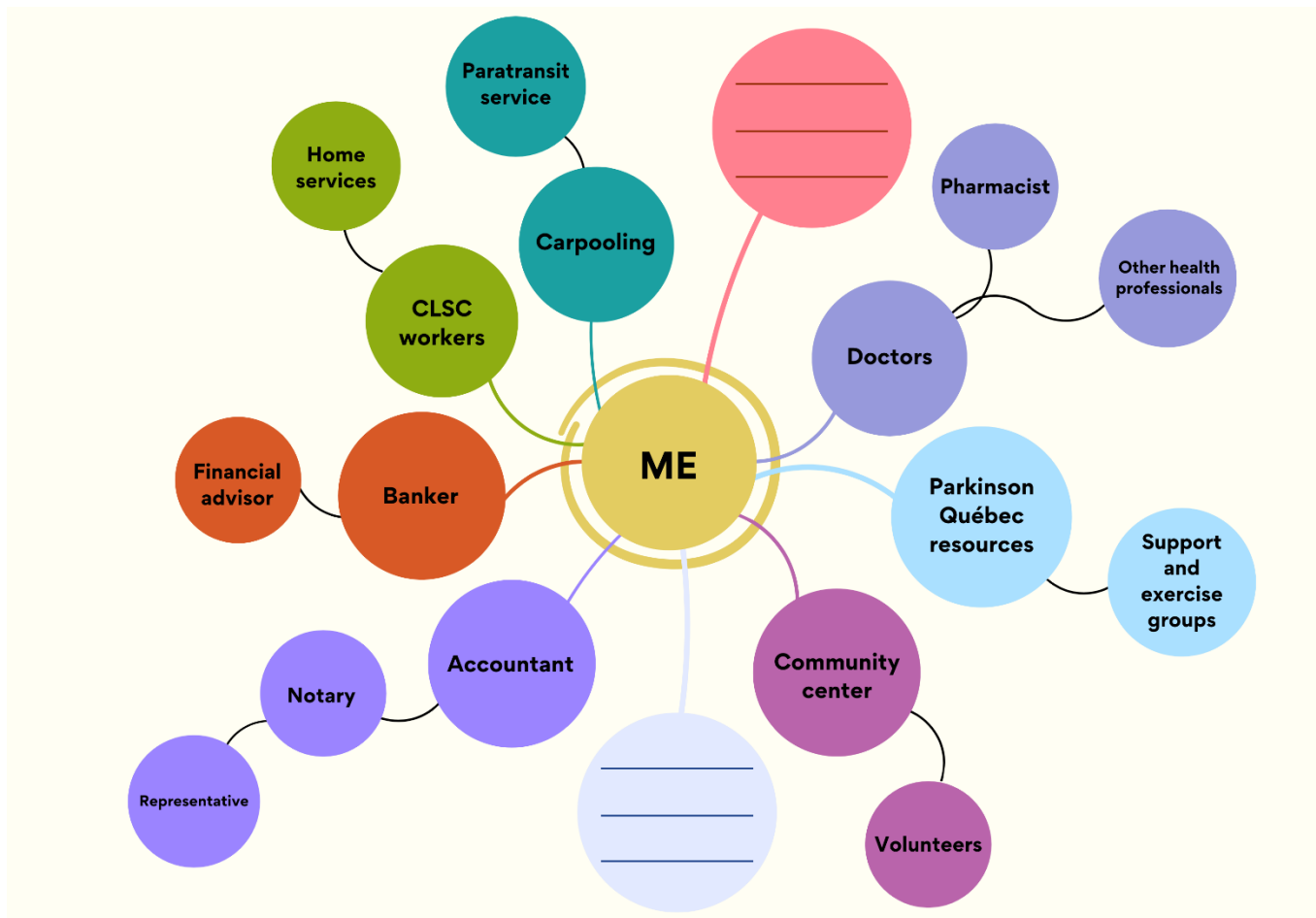
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My Ecomap



-  A) In the boxes, write the names of the people with whom you regularly communicate and share a good relationship.
 B) Add below the names of the people you wish to contact and the results of your calls :

My resources



A) Around the circles, write the names of the contacts who are in touch with you.

B) In the empty circles or below, add the names of the people you wish to contact and the results of your calls:

My resources and their contact details

Resources	Names	Contact details
Clinical		
Family doctor		
Neurologist		
Specialist		
Specialist		
Pharmacist		
Dentist		
Optometrist		
Audiologist		
Nurse		
Other professionals		
At home		
Community local services center		
Occupational therapist		
Nurse		
Physiotherapist		
Social worker		
Housekeeping service		
Exterior maintenance service		
Snow removal service		
Meal service		
Care assistance		
Other professionals		

Resources	Names	Contact details
Community		
Parkinson Québec		
Regional partner of Parkinson Québec		
Exercise group		
Support group		
Community center		
Volunteer bureau		
Carpooling		
Taxi		
Paratransit service		
Financial and legal		
Banker		
Financial advisor		
Accountant		
Notary		
Authorized representative		
Trust for a dependant		
Others		