



## Relationship Mapping

*Relationship mapping with someone you serve can be extremely beneficial to define connections, to identify new or emerging relationships, as well as to maintain current ones*

*Work through the mapping exercise with someone you support to create their own personalized relationship map*

- Acquaintances- Identify who the the person repetitively sees and is familiar with i.e. cashier at the local cafe, neighbour, co-worker, hair dresser
- Family- Identify who the person considers as family whether biological or perceived i.e. Natural support network (unpaid), life long family friend, Mother/Father, second cousin
- Friends- Identify who the person considers to be a friend (unpaid) and whom spends time with in a meaningful (personally defined) manner. i.e. work friend, childhood friend, virtual friend
- Paid Supports/Services- Identify important (long-term or meaningful) relationships to the person that are paid or that provide a service i.e. Dentist, Direct Support Staff, Advocate

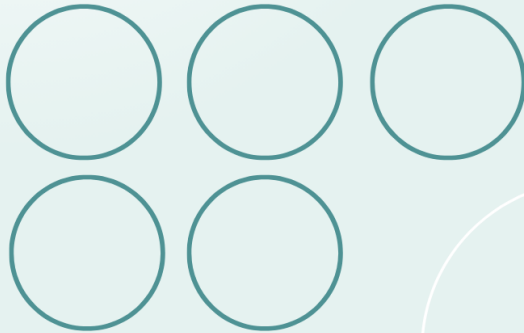
**Building Connection**

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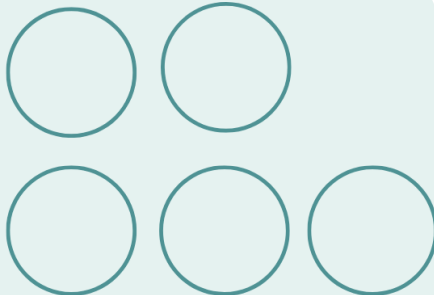
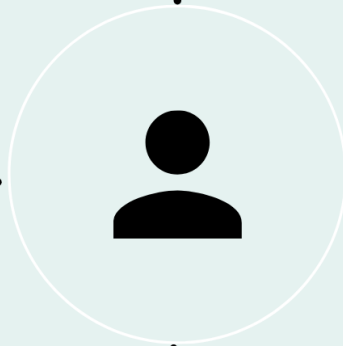


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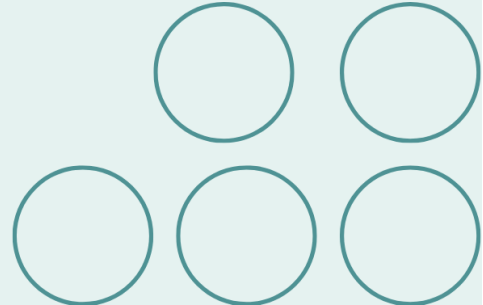
**Acquaintances**



**Family**



**Friends**



**Paid  
Supports/Services**

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### Facilitator Notes and Tips

- *Once identified with the person who they have connections with, it is helpful to engage in conversations surrounding the person's preferences and desires to strengthen and/or maintain that connection*
- *Be intentional and take time to discover the current status of the connections, how the person defines that connection, what more is possible within the connection and create a tangible action plan that the person themselves leads to work towards their expectation of that relationship.*
- *Keep record of the connections the person identifies and the action plans created to strengthen and/or maintain the relationships*

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