



My care and support map

Map the people, services, places and digital support around your caring situation so responsibility is easier to share.

This is a shared, editable planning resource. Do not include information you do not need. Keep completed copies secure and check local contact details before relying on them.

At the centre: what matters to us

Record the priorities, routines, relationships and outcomes you want the support network to protect.

Family, friends and neighbours

Who can help, what have they agreed to do and how should they be contacted?

Health and care professionals

GP, pharmacy, social care, community teams, specialists and named contacts.



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Continue your notes. You can leave any section blank if it is not useful.

Community and condition-specific support

Groups, activities, faith communities, charities and peer support.

Practical and digital support

Transport, equipment, benefits, housing, apps, helplines and reliable online guidance.

Gaps and next conversations

Where is one person carrying too much? What connection or agreement would strengthen the map?

Ask before sharing someone's personal information. Keep the completed map secure and review it when contacts, consent or needs change.

Local service details

Add the approved phone number, web address and emergency or out-of-hours route for your area.
