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A Guide for Creating a Community Resource Map

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Rural Guidelines

A Guide for Creating a Community Resource Map

Using individualized community resource maps is an engaging way to introduce a consumer to the importance of place and the role the environment plays in health. Below you will find some suggestions for working with a consumer to create a personal community resource map.

1. **Introduce the importance of place.** Talk with the consumer about the places they have been, particularly the places where they felt the happiest and healthiest. Visit those places on Google Earth or Google Maps by typing in an address or place name. Use map view, satellite view, and street view to explore the different perspectives.
2. **Identify resources.** After this basic introduction to Google Maps, begin to build a map by discussing the health goal that the consumer has set. Does it entail exercise, improved nutrition, or increased social or community activity? Next, think about the community resources that have already been used (the CIL, a rehabilitation clinic, friends and family). Search for and add these resources to the map. Now, consider new resources that can contribute to the health goal. Search Google for nearby fitness facilities, public parks, or nature paths for walking. Identify bus routes and bus stops that can help the consumer access health and community activities. Add extra information about each resource to the map as desired, including photos and written descriptions.

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Alternative formats available

3. **Save and Edit.** Store and save the map online so the consumer can access it from any computer and return to it at any time to make changes and updates, include newly discovered resources, or add more information about existing resources (i.e., using Google Drive) You can also print the map for the consumer to use while working on the goal in the community. The map can evolve and develop along with the individual.



What are you waiting for? It's time to make a map! Additional information with the nuts and bolts of creating your own map with custom Google Maps are explained in this [quick tutorial](#).

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