

Me Map



Reflect on and record an experience of a service

Tool Guide:

The Me Map tool was designed to help service providers to understand what people value about their own lives, and what they think is something they want to improve. The Me Map tool is a really easy and quick way to support people to reflect on what makes them happy and also what they would like to change.

The A4 tool can be downloaded and printed as it is, or the editable version can be opened and edited in PowerPoint to customise the tool.

To customise the tool, once downloaded, open it in PowerPoint and there the questions on either side of the tool can be changed. Then the tool can be printed out and used with a user to reflect on their lives. First a service provider can ask what makes a user happy and write this on one side of the tool. Then a provider can ask what a user would like to change and write this on the other side.

The intention for this tool was to help a provider to understand what activities might suit a user and get an indication of things that could be addressed in their lives that they think would make an improvement.

Me Map is an interactive evaluation tool co-designed by the Glasgow School of Art and health care professionals who work with adults with learning difficulties across the Highlands of Scotland.

