Proximity of Care
DESIGN GUIDE

LET'S CREATE SPACES
FOR CHILDREN AND FAMILIES
TO THRIVE

Format
Template

Group size
1-on-1

Time
1 hour

Facilitation experience
high

Care map

What is it? You can use this tool to discuss the patterns, strategies and difficulties of care, with caregivers in a specific location. This tool should be used in the initial, discovery stage of a project, when exploring the needs of communities. The purpose of this activity is to **make care visible** and valued in the design and future evaluation of your project, whether it is a policy, service or a spatial intervention.

How to use it? Organise individual meetings with a few caregivers that live in the area in focus.
First, list **who** do they **care for** following the table on the right. Ask about all three categories: dependent, self, community. Using four colours of post-its or stickers, discuss the following questions, placing them in a circular diagram on the right:
(1) In different scales, **what** are the care activities that you provide for those you previously listed?
(2) Can you think of some **strategies** that you are using when providing care?
(3) Can you think of some components of the **urban environment** that are important for your caring activities?
(4) What makes it **difficult** to fulfil your caregiving goals?

Keep in mind: Help your respondents to **make connections** between different discussion topics. For example, ask "what is difficult" in relation to every strategy or activity that they mentioned.

* This tool is inspired by the research by Binet et al. 2022. 'The Urban Infrastructure of Care: Planning for Equitable Social Reproduction'. Journal of the American Planning Association.

WHO

Dependent
• my daughter, father, brother living with disability

Self
• my wellbeing, my support network, my health

Community
• single parents support group, protection of urban wildlife

1 WHAT
• learning
• housing stability
• taking to the doctor
• adequate nutrition
• exercising
• being outside

2 STRATEGIES
• protecting from risks
• social support
• securing access to basic ingredients (e.g. food, diapers)
• coping with stress
• time management

3 URBAN ENVIRONMENT
• park, library
• sidewalk
• childcare facility
• transportation
• housing
• workplace
• community garden
• neighbour's house

4 DIFFICULT
• too many things to do
• lack of resources (financial, time, wellbeing)
• sacrifices
• tradeoffs
• lack of possibilities

City

Neighbourhood

Home