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**Figure 2 Example of Ecomap**

Date: *Composite*

**Out-of- province son**

Phones weekly Visits monthly “He’s my main

support.”

**Legend**:

 strong

- - - - - tenuous

 stressful

 energy flow

Code:*Composite*

Weekly dinners

“He can’t handle it [visiting his mom]. I understand.”

Daughter at home

“She’s kinda selfish.”

Friend from church

She phones a few times/wk.

“We walk on Sundays.” “She really cares.”

past situation

**Alzheimer’s support**

**Fellow Caregiver**

**Group**

“His wife is at

Pinewood too.” No longer helpful

**Caregiver Spouse**

Care facility caregivers

“They do the best they can.”

Church

Source of support at time of diagnosis; minimal contact

now except for 1 person

**Day program**

No longer needed

GP

Wife’s

2 sisters

“She’s been great.”

Sister in-law

Phones weekly. Visits are sporadic.

Were helpful when CR was still at home. “They are mad at me for putting her in Pinewood.”

Grand Daughter

“She is busy with my brother.”

Visits her grandmother weekly

of their use in our family caregiving research. These tools are graphic portrayals of family structure (genogram) and social relationships (ecomap; Wright & Leahey, 2005). In our research with family caregivers, these paper-and-pencil activities depicted the caregivers’ descriptions of their family structure and social networks, including supportive and nonsupportive relationships that incorporated health-related resources. Our goal is to address the methodological use of genograms and ecomaps in research, not to report study findings.

The interactive use of genograms and ecomaps in our research involved constructing and analyzing these diagrams concurrently and comparatively in conjunction with qualitative research interviews. The outcomes of this process included development of a rich contextual foundation for social support network research, a relational posture between the researcher and participant, and generation of useful questions during the data generation and analysis phases of research. Our concurrent and comparative use of genograms and ecomaps enabled us to identify new information such as the

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Local son