

CARE WEBS FACT SHEET



WHAT IS A CARE WEB?



- A care web is a group of people who work together to make sure they have the support they need day to day.
- Everyone in a care web agrees to do what they can for the others in the group.
- People in a care web choose tasks based on what each person is good at and what each person needs.
- Sometimes, people can give care and do not need care themselves. Other times, people may need support and not be able to care for others.
- No two care webs are the same.

- The first step in building a care web is thinking through who around you is part of your “pod.”
- A “pod” is made up of the people you know whom you could call for support or who might call you for support.
- Figuring out who is in your pod is called “podmapping.”

To start, use the picture on page 3:

- First, write your name in the middle grey circle.
- The surrounding bold-outlined circles are your pod. Write the names of the people who are in your pod. Write the names of actual people, instead of “my church group” or “my neighbors.”
- The dotted lines surrounding your pod are people who could be moved into your pod after a little more work to build trust with them.
- The larger circles at the edge of the page are for communities or groups that could support you.
 - **Ex: local direct service organization, or your classmates in school, or your youth group.**

WHAT IS A CARE WEB?

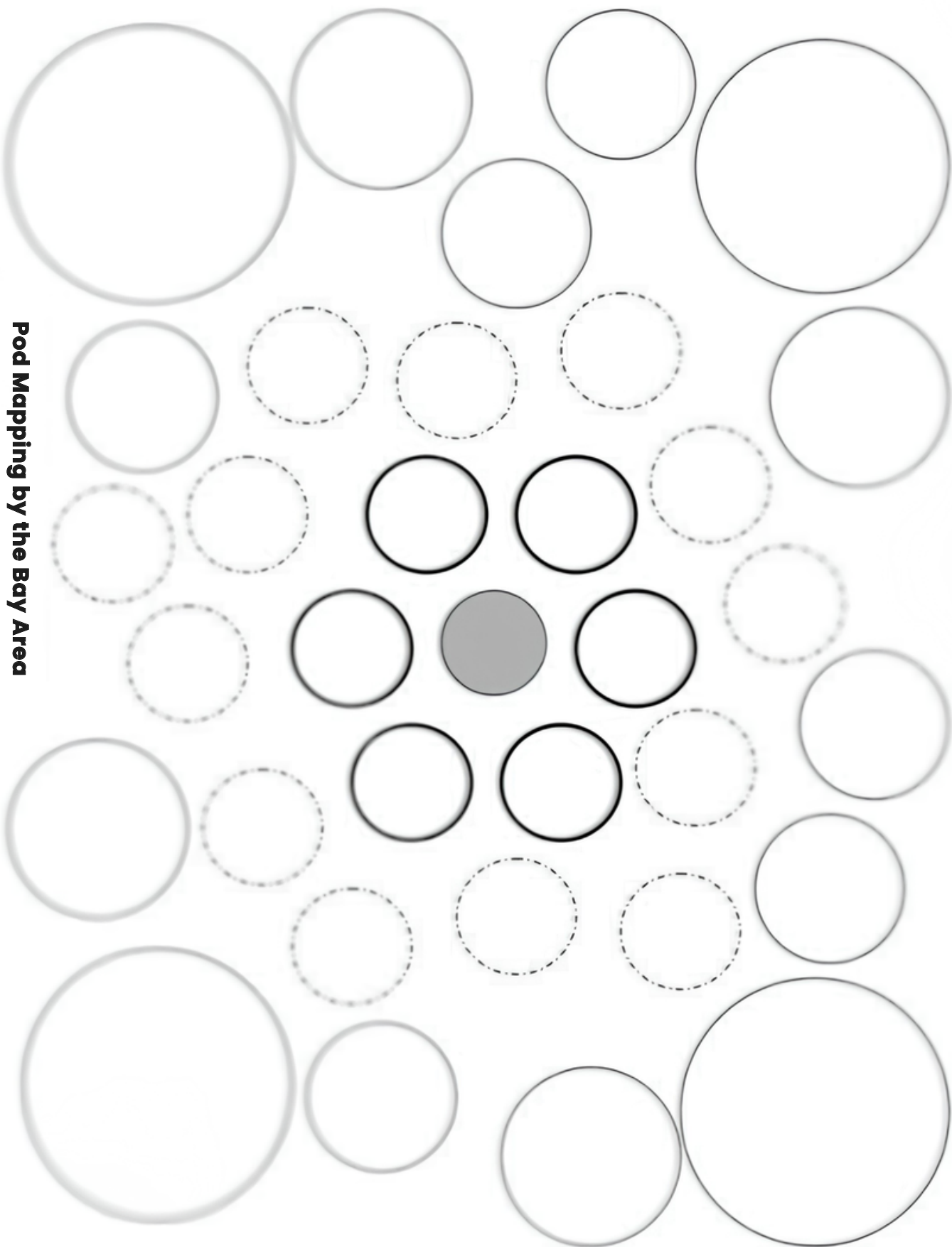


Pod Mapping

- As you are filling out your pod (next page), talk to your people and ask what they feel able to give.
- Then ask them what they need from you to be in their pod, or let them know what you can give.
- Next, come together as a group to talk about:
 - Time off and what happens when someone is sick.
 - Check ins and the best ways to talk through problems.
 - Are there ways for everyone to offer care?
 - What physical tools, money, or other resources (ex: cars, ramps, masks, COVID tests, first aid kits) do you need to make this work?
 - How can you make sure all people are respected and have a voice in the group?
 - **Respect: Being aware of and responding to the feelings, rights, wishes, needs, and traditions of others.**

Source for these steps: Leah Lakshmi Piepzna Samarasinha

Use the blank podmapping template on the next page to start your pod, or easily print multiple copies to share with your organization or community.



**Pod Mapping by the Bay Area
Transformative Justice Collective**

WHY THIS IS IMPORTANT



- The government is ending programs that keep disabled people safe.
 - Example: changes to Medicaid.
 - Example: closing offices of the Department of Education.
 - Example: changes to accessibility in government buildings.
- This makes it harder for disabled people to get what they need and to be active parts of their communities.
- Disabled people will have to find other ways to meet their needs as these programs go away.
- No one can do everything on their own and care webs are one way to help fill gaps in getting what we need.
- Spending time on podmapping and care webs creates plans that last over time and do not burn people out.

WHAT NEEDS TO BE DONE

- People need to try working together to make pods and share care so that we have the care we need and keep it going over time.
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