

Inclusive Body Map Tool



What Is This Tool?

The Body Map Tool helps you show where you feel pain or discomfort by marking an body outline. It's a simple, visual way to share what's bothering you, especially if it's hard to explain or talk about.



Why Use a Body Map Tool?

People might not share their pain because:

- They feel nervous or anxious.
- They don't want to speak up.
- They aren't asked the right questions.
- It's hard to describe feelings in words.

This tool uses pictures to make communications easier.



How to Use the Tool

For Patients:

1. Look at the Body Outline:

- Front and back views of a body.

2. Mark Where It Hurts

- Use a pen, pencil, or marker to circle, color, or put an "X" on the spots where you feel pain or discomfort.

- **Use colors to describe pain:**

- Red: Sharp or strong pain
- Blue: Achy or sore feelings
- Yellow: Numbness or tingling

3. Add Notes:

- Write words like "itchy," "tight," or "hurts when I move."

4. Bring It to Your Appointment:

- Show the map to your doctor to help them understand your symptoms.

Tips: Think about where you felt pain recently. You don't need to mark every spot – small details help. If your pain changes, update the map.

For Parents or Caregivers:

1. Sit with the person you support and ask simple questions:

- "Does your head, tummy, or back hurt?"
- "Does anything feel funny or uncomfortable?"

2. If they are unsure, ask them to point to their body or map.

Let them decide what to mark, you are there to assist, not decide for them.



How to Use the Tool (cont.)

For Providers:

1. Start the Conversation:

- Use the map to ask: “Can you show me on this map where it hurts?”
- “Does it feel sharp, achy, or something else?”

2. Be Patient:

- Some patients need time to decide what to mark.

3. Take All Marks Seriously:

- Every detail gives clues about their health.

4. Ask About Unmarked Areas:

- If they describe symptoms not on the map, ask if they want to add it.

Save the Map:

Add it to their health records for future care.



How This Tool Helps

- **Easier Communication:**

- No need for perfect words—just mark the spots.

- **Less Stress:**

- If talking feels hard, the map does the explaining.

- **Clear for Doctors:**

- Helps focus on the right areas.

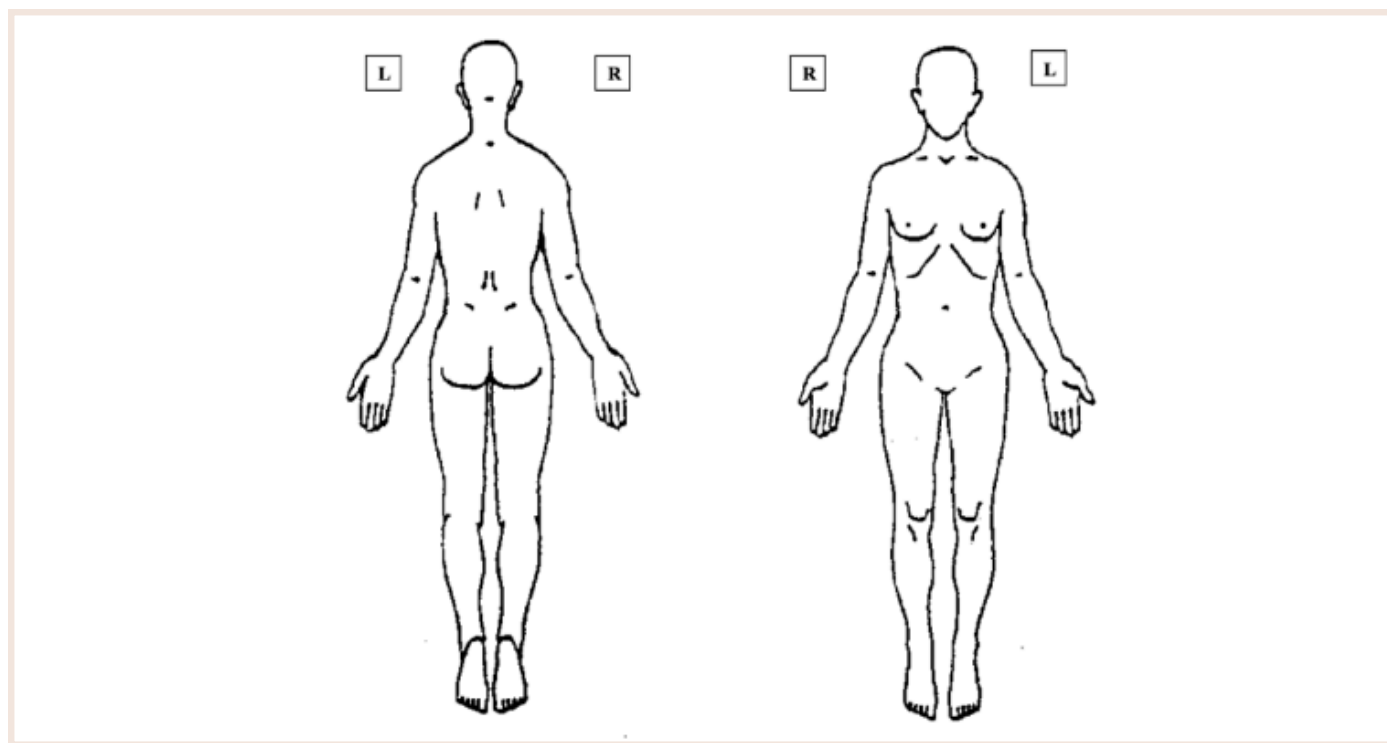


Why it Matters

Explaining pain or discomfort can be hard.

This tool helps patients, caregivers, and doctors work together to understand and address health concerns.

Whether you're an Autistic person, a caregiver, or a healthcare provider, this Body Map Tool makes appointments smoother and more effective for everyone.



Gender Neutral Body Map from FORGE in Milwaukee, WI.

Accessed at: <https://forge-forward.org/resource/gender-neutral-body-map/>