



Summary:

This map presents a geographical window into the participant's neighbourhood as well as the key places which form her social network. Through the go-along route we took with our participant as the guide, we found that the many places in Gail's neighbourhood were points of significant social engagement. For example, Hana's Place—her favourite place to have breakfast was described by her as the "gathering place", as this is a place where she enjoys food, the services and engagement with community members. In addition, St. John's Church, Beaverdams Park, Bamboo Hair Salon, Foodland's, Riganelli's Bakery are also third places for Gail. Also, the Pen Centre is a part of her community network although it is outside of her neighbourhood. This is where the participant likes to do her grocery shopping, loves going to the Landmark Cinemas for movies. Furthermore, there are many aspects of Gail's community which are hidden gaps—invisible on this map—such as a lack of bus stops in her neighbourhood, unmaintained sidewalks and walking paths as well as unsafe spaces at night such as Beaverdams Park. These 'not age-friendly' characteristics were observed on our go-along route around her neighbourhood.

In conclusion, the map is a sufficient visual representation of all the key aspects that contribute to our participants social network. They illustrate Gail's story about how these places affect her everyday life and impact her health and well-being.