

Personal Care Plan

A guide

This is a personal health plan to help you get involved in your own care by helping you to think about the things that are important to you in managing your long term condition.

Name	
What I like to be called	
Preferred means of contact	
NHS Number	

What is a care plan?

It is a written agreement between you and the health and/or social services to help you manage your health day-to-day.

What does it involve?

Creating the care plan will involve a conversation with a health or social care professional about the kind of support you might need now and in the future. The aim of a care plan is to organise the support around you, so that you feel confident about looking after yourself as much as you possibly can.

What does working in partnership mean?

Working in partnership with health professionals means that they're not always the ones who make the decisions. You'll be in charge and take some of the responsibility that comes with day-to-day self-management. That way you can make a big difference to your health and your life.

How long does a care plan last?

As your life changes over time, your needs will change. So your care plan needs to be flexible and adapted to your changing needs. You should have a conversation about care options, including self-care support, at least once a year, when your care plan is reviewed or more often if you choose.

Things you may wish to talk about

The circles below show some of the things that you and your health care professional (nurse, doctor) might want to discuss at your care planning meeting.

A few circles have been left blank because there may also be things that are important to you that you would like to discuss, which are not already listed.

My kidney disease

Treatment choices

Vaccinations

Transplant

Holidays

Food and Drink

My blood test results

Changing my type
of treatment

Work or college

Money or benefits

My other health concerns

Future care planning

You will be invited for a care planning meeting. Before your care planning meeting, please take some time to think about what you would like to discuss and then note this down on the page provided.

I would like to talk about	Date

Please bring your medication list to the care planning meeting.

My care plan

Your care plan will be completed with you at your care planning meeting. It will list the things that are currently important to you in your care from the renal service and that of the future. It might include notes about things that are currently working well and things that you want to keep the same. It might also take into account things that you want to change and goals that you and your team would like to work towards.

Below are some of the questions you might like to consider regarding your care before your care plan meeting.

Date of meeting:

Issue or concern:

Who do I want to be present at the meeting?

How would I like things to be different?

What do I need to do?

What might help me?

What might stop me?

What do I need my care team to do?

Review date:

Reviewer's name:

Reviewer's telephone number :

Following your care planning meeting with your nurse or doctor please spend some time considering the following questions to make sure you have made the right choice in your 'Personal Care Plan'. Please circle your answer.

Am I sure?

Do you feel sure about the best choice for you?

Yes NO

Do I understand?

Do you know the benefits and risks of each option?

Yes NO

What are my priorities?

Are you sure about which benefits and risks matter most to you?

Yes NO

Do I need help making a choice?

Do you have enough support and advice to make a choice?

Yes NO

If you are uncertain about your choices and your care plan and would like more explanation please contact the renal care planning nurse on **01273 664559**

My Local Unit :

Contact :

Address :

For Further information, please contact:

**Renal Care Planning Nurse
Renal Outpatients Department
Sussex Kidney Unit, Royal Sussex County Hospital, Eastern Road,
Brighton, East Sussex BN2 5BE**

Telephone: 01273664559 or 01273696955 Ext. 7624

Fax: 01273 664955

Email: renal.opd@bsuh.nhs.uk

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本传单的内容，我们可安排口译员服务。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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