



Self Care Toolkit

My Support Plan

Information Booklet



Name:	
Address:	
Telephone No:	
Email:	
GP:	
Telephone No:	

This booklet has been designed to support the practical tools described in the Self Care Tool Kit. You may find it useful to write a summary of how you manage your condition on a day to day basis and what support you have.

Further hard copies are available from HIRS, NHS Forth Valley
please telephone 01786 434 756.
A4 copies are available to download from www.sid.scot.nhs.uk

1. Build My Support Team

List of people from Health and Social Care Professionals, Friends, Family, Work Colleagues etc.



Name	Contact No.	Role / Relationship

Example of My Support Team:

David has asthma and here is his Support Team:-

Name	Contact No.	Role / Relationship
<i>Mary</i>		<i>My Wife</i>
<i>Dr Jones</i>		<i>My GP</i>
<i>Dr Smith</i>		<i>My Consultant</i>
<i>John</i>		<i>My Friend</i>
<i>Jenny Brown</i>		<i>My Practice Nurse</i>

3. Setting Personal Goals



Now that you have read how to set goals, use the table below to set simple, realistic goals for what you want to achieve. For example; things that I want to do in the future, things that I enjoy now and wish to carry on doing.

	Action / Goal	Frequency (Hourly, Daily, Weekly)	When Achieved
<i>Goal example</i>	<i>I want to get to the local shops and do my own shopping within the next 4 weeks (specify date)</i>	<i>Weekly</i>	<i>Date</i>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

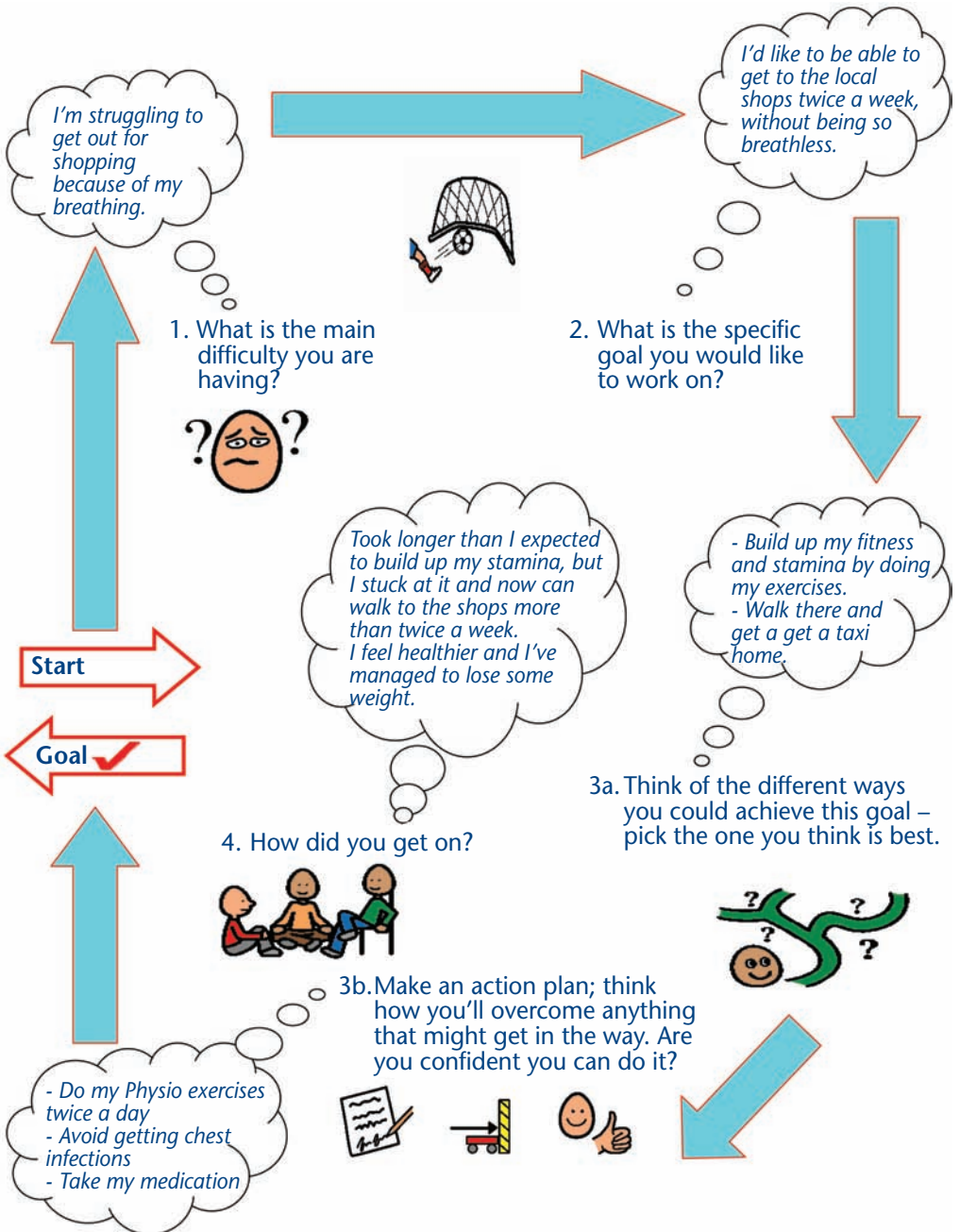
Remember:

- Don't run before you can walk!
- Don't be too hard on yourself if you don't achieve all of your goals
- Do involve people from your Support Team to help you set goals
- Some goals need more steps to achieve than others
- Do have a mixture of short term and long term goals
- Don't try to achieve all your goals at once!



For help with setting your personal goals please look at the next page.

Some Help with Setting Goals



4. Track My Progress



My successes:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

What did not work:

Remember to write down pieces of evidence to show yourself how you are positively self managing your health. This will increase your confidence.

6. Planning My Week

List regular activities you would like to be doing:



	Morning	Afternoon	Evening
<i>Example:</i>	<i>Do my stretching exercises Have a shower Rest for half an hour</i>	<i>Prepare vegetables for dinner Phone mum for a chat Catch up with emails</i>	<i>Take the dog for a short walk Plan the next week's activities</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Remember:

- To be flexible and pace yourself.
- It may not always be possible to follow your plan through.

7. Questions for My Support Team

Make a note of anything you want to know more about the next time you see someone from your Support Team.



Question	To Whom	Reply
<i>Example: Sometimes when I do my exercises I get a bit dizzy, what should I do when this happens?</i>	<i>Community Physiotherapist or GP</i>	<i>Dr Jones says that my blood pressure drops when I stand up. My Physiotherapist says to try exercises sitting down or standing up slowly and wait for a few minutes before exercising.</i>

You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

ਤੁਸੀਂ, 0845 130 1170 ਤੇ ਦੁਬਾਜ਼ੀਆ ਸੇਵਾਵਾਂ (interpreting services) ਨੂੰ ਸੰਪਰਕ ਕਰਕੇ ਇਕ ਦੁਬਾਜ਼ੀਏ ਦੀ ਸੇਵਾ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਅਨੁਵਾਦ ਲੈ ਸਕਦੇ ਹੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

آپ 0845 130 1170 پر انٹرنیٹنگ سروس سے رابطہ کر کے کسی مترجم کی خدمات حاصل کرسکتے ہیں یا اس دستاویز کا ترجمہ اپنی زبان میں کرا سکتے ہیں۔ یہ خدمات مفت دستیاب ہے۔

您可以通過撥打翻譯服務熱綫 0845 130 1170 取得翻譯員服務或得到此文件的翻譯版本。 這些服務都是免費的。

Galite prasyti vertejo paslaugu arba gauti sita dokumenta isversta I jusu kalba kreipdamiesi I musu vertimo paslaugu biura skambindami 0845 130 1170. Sitos paslaugos yra nemokamos.

يمكنك الحصول على خدمة الترجمة الفورية أو القيام بترجمة هذه الوثيقة إلى لغتك الأصلية عن طريق الإتصال بخدمات الترجمة الفورية على رقم 0845 130 1170. هذه الخدمات متاحة مجاناً بدون أي مقابل مادي.

Dzwoniąc do biura tłumaczeń pod numer 0845 130 1170 możecie Państwo prosić o tłumacza albo otrzymać ten dokument przetłumaczony na wasz język ojczysty. Powyżej wymienione usługi są darmowe.

If you, or someone you know, would like this in an alternative format, such as audiotope or large print then please phone us free on 0800 456033, fax your request to 01786 470984 or email us at FV-UHB.YourHealthService@nhs.net

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



INVESTOR IN PEOPLE

Carseview House, Castle Business Park,
Stirling FK9 4SW
Tel: 01786 463031 Fax: 01786 451474
www.nhsforthvalley.com