



# Guidance: Personalised Wellbeing Plan

## **What is a personalised wellbeing plan?**

A personalised wellbeing plan is a way to share what matters to you and how people can best support you with your health condition. This is a quick way of understanding who you are as a person and means that you don't have to share your story time and time again.

## **Why do we have them?**

The personalised wellbeing plan is a helpful way of having easy, readable information that can be shared with your family, friends, neighbours etc., or any support services who may be involved in your life and care. This is particularly important during a period of self isolation, or social distancing, when you are having to stay at home or keep away from others, as well as supporting you in the way you want to manage your condition.

## **Who completes this summary?**

- You
- You with the support of family and friends
- You and your health and care professional
- You with a member of a community or voluntary organisation who is helping you

## **Developing the summary**

Here we have included some information to help you to complete your form. This includes a few simple questions you can ask yourself to help you think about what you need to put under each of the headings. This will help your GP, or anyone else helping you, to understand what you need whilst you are staying at home or keeping away from other people.

## **General Information about me**

This helps anyone who is or might need to care for you know who and where you are and how they can contact you.

## **Things you need to know about my health:**

This is a brief description of your main health condition or conditions

## **Questions to think about:**

What are the main things other people need to know about your age and health?

## **My medication**

Complete this box if you think that you need to let other people know about what medication you take, when you take it, if you need any help to take it and where it is stored.

If you do not need to take medication, there is no need to fill in this box.

## **What matters most to me whilst I am staying at home or keeping away from other people**

This is about what really matters to you **right now**.

### **Questions to think about:**

- *Who are the most important people in your life?*
- *How do you usually stay in touch with them?*
- *How will you stay in touch with them now?*
- *What are your important routines?*
- *What do you usually do that you will miss if you can't do it now? (this could be about your routines or things you look forward to doing)*

## **What I am worried about whilst I am staying at home or keeping away from other people**

This is to help you (and those who love and care for you) to think about the things that you are worried or concerned about, so that, as far as possible, your concerns can be looked at.

### **The support I will need while I am staying away from other people:**

This is a list of things that you and other people are going to do to help you stay healthy, safe and well whilst you are at home or keeping away from other people. This is about what other people need to know and do to support you, through this time.

### **Questions to think about:**

- *What are the things you could do yourself to help with your worries?*
- *What do other people need to know or do to help you with the things you are worried about?*
- *What family, friends or neighbours do you have around you and what can they do to help?*
- *What helps you to stay as healthy as possible?*
- *What gets in the way of you staying as healthy as possible?*
- *If someone is new to helping you what are the things they need to know and do?*

## **Where I can get help now**

This is a list of places, websites and other useful information you might want to keep referring to for up to date information or to check for messages from those people like your GP or local authority who are managing the local response to the Coronavirus outbreak in your area.