



Personalised Wellbeing Plan

My name: Claire P		I like to be known as: Claire	
NHS Number: 00000000	Phone number: 01234 56 789	Email Address: example@email.co.uk	
Address: 123 Someone's Road, Somewhere		Post Code: A99 9AA	
Things you need to know about my health			
My health condition(s)... For Severe eosinophilic asthma, Excessive dynamic airway collapse (EDAC) with CPAP night and day, Diabetes type 2 Eosinophilic granulomatosis with polyangiitis (EGPA/Churg Strauss Syndrome) Lower spinal damage and pain; Nut allergy.			
Medication I take ... steroids 20mg per day and Methotrexate 10mg per week which requires weekly blood monitoring, Tramadol 100mg MR twice daily, Epipen in drawer under oven			
It is kept ...		I take it by:	
What matters to me most whilst I am staying at home and keeping away from people...			
<ul style="list-style-type: none">• Being able to work• Keeping in contact with friends and family• Maintaining my drug regime and seeing my consultants at the Royal Brompton in London• Making sure my parents are ok and have everything they need• Getting some exercise and fresh air• Having the medications, I need to keep me healthy• Not getting bored• My asthma being controlled and my airway not having a major collapse or infection			

What I am worried about whilst I am staying at home and keeping away from people...

- My new drug regime being maintained
- My CPAP breaking down
- Needing a hospital admission for asthma or airway collapse and there being no beds
- Not getting my blood tests done
- Running out of meds
- Not seeing my daughter
- My parents managing to cope and not falling ill as they are at high risk
- Dying
- My husband having to do lots of stuff that I cannot

What support I will need whilst I am staying at home and keeping away from other people

What I will do ...

- I Make sure I order my prescriptions in time and on line
- Check I have enough filters for my cpap and order more from the Royal Brompton
- Check I have enough barrier tape for my cpap mask and order more as above
- Check the dates on my epipens and steroid rescue pack and order more if needed
- Plan light exercise into my day to keep my lungs as strong as possible
- Only go out for my daily short walk when there are no other people about later in the evening
- Eat healthily
- Continue to work from home so that I am making a positive contribution
- Find other activities indoors or in my garden to fill my weekends rather than going out or socialising

What my family, friends and neighbours will do ...

- Collect prescriptions from the chemist
- Do some shopping for me
- Walk my dogs
- Drop of shopping and medications for my parents
- Stay a good distance from me to avoid cross infection
- Keep in contact so that I don't feel isolated
- Go to the building society or cashpoint for me if I need to top up my cash for things like take-aways etc.

Other help I will need ...

- Someone to do the shopping if my husband is unable to
- Help with housework
- Collecting medications from the chemist
- Phone call and video appointments with the Royal Brompton
- A volunteer to walk my dogs if my normal dog walker has to self isolate
- Someone who knows how to do chest physio or who can be trained to support me if and when I need it.
- A voluntary org that can support my parents

Where I can get help now ... <https://www.gov.uk/coronavirus>

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19>

If you have any questions, please contact:

My GP is ... Telephone number:	My designated emergency contact is: Telephone number:	Relationship to me...	Other ... e.g. social worker, housing association, care worker Telephone number:
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