

Your care plan is about you and what’s important to you. This is the place to let everyone know what matters and what your goals are. What matters to you may not even be a “goal” but it’s still important to share with your care team, so they understand what matters to you. Everyone wants to stay as well as they can, so we can do the things we want and love to do in our lives. It might be that we want to live long enough to see and enjoy our grandkids or moko; or we might want to walk one of the Great Walks of Aotearoa. If we have long-term goals sometimes it helps to take little steps to get there. Here’s the place to write about all these things – make them fun, realistic and achievable. And don’t forget to pat yourself on the back as you achieve them!

About me

This is where you can write anything you would like other people to know about you, eg: your living situation, your family/whanau, your job, information about your support network and any other information you feel is important to share with your care team.

Please make sure you update this if things change or you have new information you would like your care team to know.

What matters to me

This is where you can write about the things that are most important to you at the moment. When you are having a good day, what are the things that make it good? When you are having a bad day, what makes it bad? eg: your family, your hobbies, your work, your passions. Please make sure you update these if things change.

My Goals

Goal setting lets you decide what you want to achieve. It lets you control your activities and plan what you do and how much you do at any one time. These can be short or long term goals. Goals could be about your pastimes/hobbies, social activities or physical activities. For example a short term goal could be walking 10 – 15 minutes each day with a long term goal of being able to walk for an hour or more.

Things I will do

This is where you can write the things you (and your caregiver/s) will do to help manage your health and wellbeing. For example exercise programmes, self management programmes and self monitoring.

Optional Fields:

Advanced Care Planning:

An Advanced Care Plan is a document about your decisions, wishes and preferences for your future care. This section only needs to contain information about whether you have a full Advanced Care Plan and where it is held. You can include the name and phone number of your next of kin or your Enduring Power of Attorney which helps in a medical emergency. You can also record whether you have an Advanced Directive (a Living Will) and where it is held.

Daily Life

In this section please write down any activities in your daily life where you could do with some help (like housework or assistance with your personal care). Work with your care team to get the right assessments and support in place for you.



Early Warning Signs:

This section contains important information about the signs you might experience if your health is starting to get worse and the plan of action you have developed with your care team.

If you would like to change or add to this section, please talk to a member of your care team so you can do this together.



Lifestyle

In this section please write down any concerns or issues you might have that impact on your health and wellbeing. This might include your diet, your fitness level, how much alcohol you drink or drugs you use and if you smoke. It can also include social and employment issues that have an impact on your health and wellbeing.



Medication Issues

In this section you can write down any concerns or issues you might have about your medications. This might include when and how to take them, whether you need blister packs or other pharmacy support.


If you change or add to this section, please talk to a member of your care team so you can do this together.



Social and Mental Wellbeing

In this section you can write down any emotional, cultural or spiritual issues that impact on your health and wellbeing. These might include financial concerns you have, caregiver support, housing issues, social and community support and your mental health.

If you change or add to this section, please talk to a member of your care team so you can do this together.



Things My Care Team Will Do:

This section is where your care team will write down the things they commit to do to keep you healthy and well. For example, providing you with health education, arranging referrals, appointments and follow-ups.

If you would like to change or add to this section, please talk to a member of your care team so you can do this together.

