

# Planning Your Care Workbook



## **Purpose so:**

The Workbook is to help you talk about care planning with your primary care provider (doctor, nurse practitioner), nurse or others who care for you.



## **Your care plan should:**

- See you as a person first and a patient second
- Note what is important to you now and in the future
- Allow you to share information with your health care team
- Be written in plain language

## **Things to consider when planning your care:**

- Your health story
- What matters to you now?
- What is most important to you in the years ahead?
- Who should help plan your care?
- Tell health care providers about yourself as a person
- What questions you want to ask your health care team

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## How to get started planning your care

If you think back to when you saw your primary care provider, went to the emergency or stayed in the hospital...

- What went well?
- How did it make you feel?
- What could have made it better?

## Your health story

What are your health goals?

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Is there anything that prevents you from achieving them?

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What has changed with your health? Please describe.

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How can your health care team help you today?

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## What matters to you now?

(for example: your health, finances, job, relationships, people in your life...)

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Do you have any concerns?

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## Who do you rely on now?

(for example: your family, friends, community, healthcare providers, and religious leaders...) What does each person help you with?

People I rely on	How they help me

Do you have concerns about support you receive now?

No  Yes If yes, describe:

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Do you have concerns about who will help support you in the future?

No  Yes If yes, describe:

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Will you need to change where you live or need help getting around your home or neighbourhood?  Yes  No  Possibly  I would like to talk more about this

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Will you need more support in the future?

Yes  No If yes, talk to your primary care provider about planning support

## What is most important in the years ahead?

(for example, where you will live, your health, finances, job, people in your life, hobbies...)



When your health worsens, who will speak for you if you can't speak for yourself?

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- Would you like to know what could happen in the future?

Yes  No  Not right now

- Advance care planning lets you choose a person to make care decisions for you, when you cannot make decisions for yourself. The goal is to help your care team know what you want in your final months.

- Do you want to talk about advance care planning with your health care team?

Yes  No  Undecided

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## Who do I want to help me plan my care?

Think about who you will be able to rely on in the future

(for example, your family, friends, community, healthcare providers, religious leaders...)

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## Things health care providers need to know about you as a person:

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## Questions for my Health Care Team:

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# My Care Team and What They Do

## Regular Team Members:

Family Physicians or Nurse Practitioners are primary healthcare providers who provide your ongoing personal health care based on your medical conditions, your life situation and care needs. They can refer you to other health care providers, including specialists, community care providers and specialized programs. Family physicians and nurse practitioners play an important role in helping coordinate your care.

My Family Physician is: \_\_\_\_\_ My Nurse Practitioner is: \_\_\_\_\_

**Nurses** work closely with physicians and other health care providers to assess your care needs, help you plan your care, as well as provide nursing care as needed. Nurses play an important role in coordinating your care.

My Nurse is: \_\_\_\_\_

**Pharmacists** review and provide information on medicines. They are important to making sure your medications are right for you. Pharmacists can help if you have side effects or concerns.

My Pharmacist is: \_\_\_\_\_

**Care Coordinators** get to know your needs and preferences for care. Think of them as your “chief planner” as they help connect all the people on your care team. Care coordinators work to ensure the right providers help you with your care as your needs change. A care coordinator may be from a North East Local Health Integration Network (NE LHIN). My Care Coordinator is:

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## Other Team Members may include:

**Physiotherapists** help you recover and regain function after surgery, illness or worsening chronic disease, injury, industrial and motor vehicle accidents. They can also help if you are having challenges related to getting older. Physiotherapists also help improve and maintain your health.

**Occupational Therapists** can help you live at home independently and safely. They can help learn to manage daily activities like dressing or bathing, meal preparation, or home making. They can help prepare you for the move from hospital to home, especially if your illness or injury has left you unable to look after yourself. If you suffer from a mental illness, Occupational Therapists can help you to improve your daily life at home and in the community.

**Social Workers** provide counseling and support to you and your family if you are in need of assistance due to mental health concerns, relationship difficulties, or living arrangements that affect your physical or mental health. They can also assist you if you are feel isolated from friends and family, if you have safety concerns, or you have a lack of resources to manage from day to day.

**Dietitians** help you with choosing healthy foods that are recommended for your health condition(s) and that fit with your lifestyle.

**Personal Support Workers** help you with your day-to-day personal care in your home.

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*Adapted with permission from the North East Toronto Health Link*

The North East Toronto Health Link would like to acknowledge the following contributors to this workbook:

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**HealthLinks**



