



# 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 433867.

A4 copies are available to download from [www.sid.scot.nhs.uk](http://www.sid.scot.nhs.uk)

**This booklet was developed in partnership with Voluntary Sector, Local Authorities and Scottish Health Council.**



# 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.			

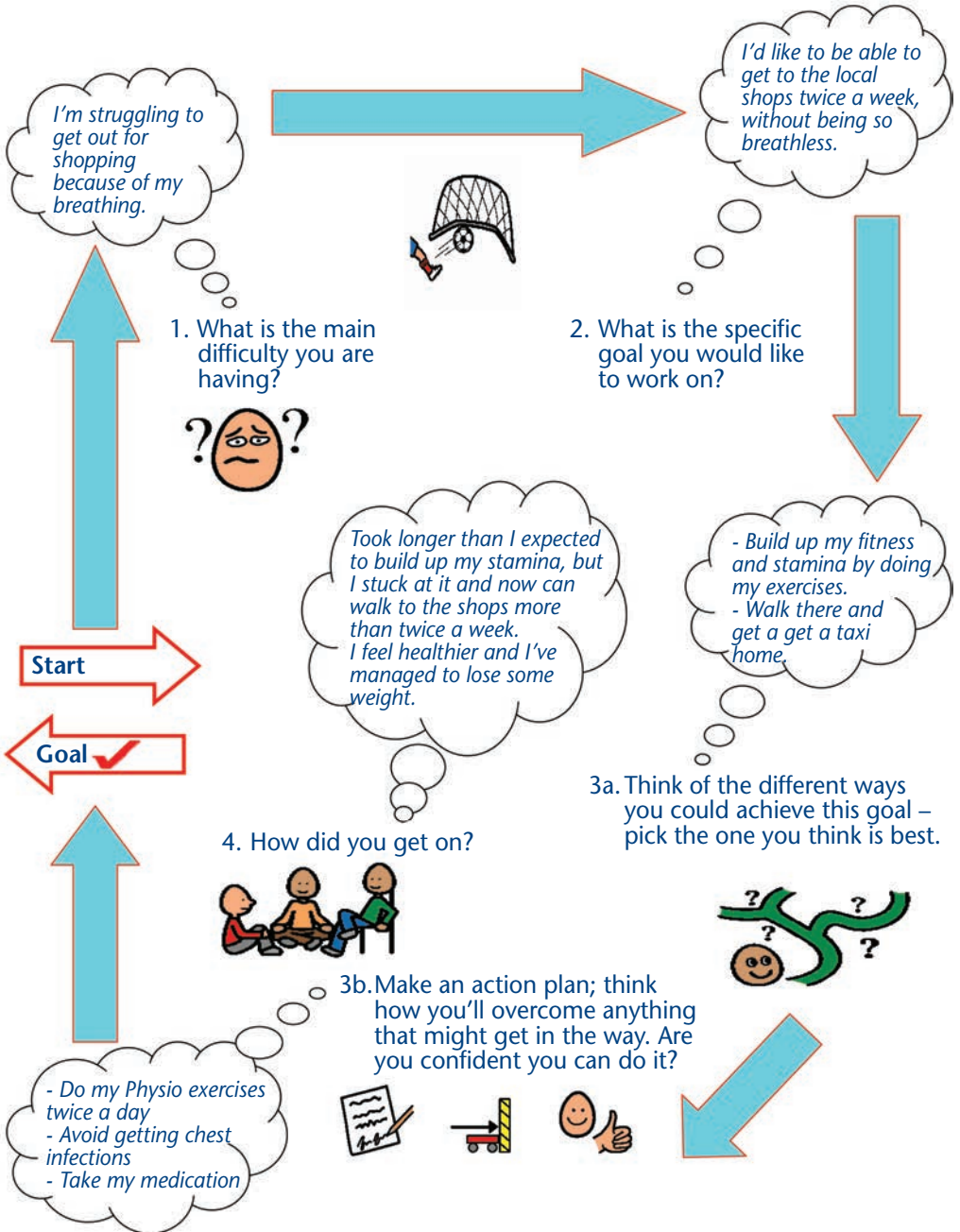
Remember:

- 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:

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

## 5. Managing My Condition



This is a plan that anyone with a persistent health condition can use. If a more detailed self management plan is available from your healthcare provider for your condition eg. COPD self management plan you may find this better.

I know my condition is getting worse if I .....	If this happens I will .....	If things are getting no better then I know I need to .....
<i>Example: I am more breathless than usual.</i>	<i>Check that I have taken my medication. Check my temperature.</i>	<i>Use my inhaler more. Take medication for infection.</i>



## 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
<p><i>Example: Sometimes when I do my exercises I get a bit dizzy, what should I do when this happens?</i></p>	<p><i>Community Physiotherapist or GP</i></p>	<p><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></p>



**We are happy to consider requests for this publication in other languages or formats such as large print.**

**Please call [01324 590886 \(24hrs\)](tel:01324590886), fax [01324 590867](tel:01324590867) or email [disability.department@nhs.net](mailto:disability.department@nhs.net)**

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Carseview House, Castle Business Park,  
Stirling FK9 4SW  
Tel: 01786 463031 Fax: 01786 451474  
[www.nhsforthvalley.com](http://www.nhsforthvalley.com)