**Preparing for Care Planning**

Your care planning appointment is for you to think about what is important to you, things you can do to live well and stay well, and what care and support you might need to do this.

This letter contains some of your test results and information, along with some questions, to help you think ahead and plan what you would like to discuss at your appointment.

**Please bring this to your appointment.** The back page will be used to record the summary and the plans you make.

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| **What are the most important things to you at the moment?** | | | |
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| **These are some things that people sometimes want to talk about. Circle any that are important to you** | | | |
| Bathing and hygiene | My current care | Looking after family, carers and pets | Support to stay at home |
| Finances | Independence | Getting out and about | Pain |
| Feeling low or anxious | Feeling scared | Feeling hopeless | Mobility |
| Medication | My future health | Eating and drinking | Loneliness |
| Keeping warm | My memory | Hearing | Smoking |
| Staying steady | My weight | Slowing down | My sight |
|  |  |  |  |
| **What else would you like to discuss?** | | | |
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