

# Self- Care Plan

10-1-13

This plan focuses on helping you learn to see the signs that your health is getting worse.

**Patient Name:**

**Today's Date:**

**Program start date:**

## Contact/Visits

Dr: \_\_\_\_\_

Next Visit Date: \_\_\_\_\_ Time: \_\_\_\_

Care Manager: \_\_\_\_\_ phone number: \_\_\_\_\_

Next Visit: \_\_\_\_\_

\*\*Use the plans to meet goals that have worked for you in the past, including taking your medications, checking your blood and living healthy.

## Medications

Problem: \_\_\_\_\_

1.

2.

## Other Treatments

\*\*Write down the problems that can trigger a slip in self control and plans that have helped you in the past.

- What are some of my everyday stressors?
- What coping plans have worked for me in the past?
- What can you do to deal with your everyday problems?

- Are these skills ones I can use every day or every week?
- How can I remind myself to use these skills daily?

\*\*Watch for warning signs by regular self review. You can check routinely for personal warning signs or telltale patterns of thought or behavior. You may want to ask a partner or friend to let you know if they notice any warning signs?

\*\*Use your self review skills to determine if it's time to get help again.

### **Triggers:**

1.

### **Warning Signs:**

1.

### **Coping skills:**

1.

\*\*Try to list three or four specific actions that will help you. Remember actions that helped you in the past. Be real about what you can and will do.

\*\*Prepare yourself for high-risk situations.

- What are some problems or changes that might affect you in the future?
- Can you do anything to make a certain event less likely?

- If you can't avoid certain situation: how can you avoid negative reactions or react in a more positive way?

**Goals/Actions:**

- 1.
- 2.
- 3.
- 4.

\*\*When we've made changes in our behavior, there's always a chance you could drift back towards old habits.

-How can you stop the backward drift?

-Think about reasons that you might drift. Make a list of reasons that you might not keep up with healthy changes.

-Keep an eye on yourself. Watch your behavior enough that you can catch your drift early, before you feel like you're in a deep hole.

-Keep an eye on your blood work. Tests to check on diabetes control (like HbA1c) or heart disease risk (like cholesterol tests) are like early warning systems-best done every three months so you can know if you've drifted.

\*\*If you feel you need to change medications-please call your Primary Care Team. Your Physician or Care Manager can help you decide the safest way for medication changes.

**\*\*Drift Happens! We all make plans, but all of us drift away. The key is catching yourself and getting back on track.**

**If symptoms return, contact:**\_\_\_\_\_

**Patient Signiture**\_\_\_\_\_ **Date**\_\_\_\_\_

**Thank you very much for participating in the Care Management Program at Spectrum Health Medical Group!**