

## My goals and actions for my health and wellbeing

Here are some things to think about when making a Shared Care Plan. Talk to your whānau / family too.

What are my goals?

What actions do I need to do?

What support do I need?

Will I reach my goals?  
How confident am I?



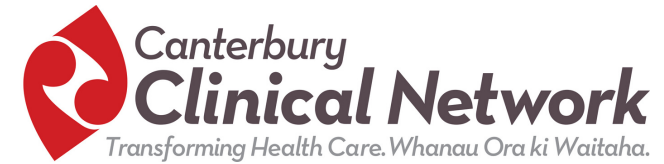
## Who should I talk to about Shared Care Plans?

Talk to your health care team, which might include your general practitioner (GP / family doctor), nurse, pharmacist or specialist about whether a Shared Care Plan would be good for you.

## Are there other Shared Care Plans?

There is also an Advance Care Plan (ACP), which is about the type of medical care and treatment you want to receive in the future. An ACP is important towards the end of your life or when you can't make your own decisions.

Look up Advance Care Planning (ACP) on [healthinfo.org.nz](http://healthinfo.org.nz)



# SHARED CARE PLANS

Making a plan for your health and wellbeing

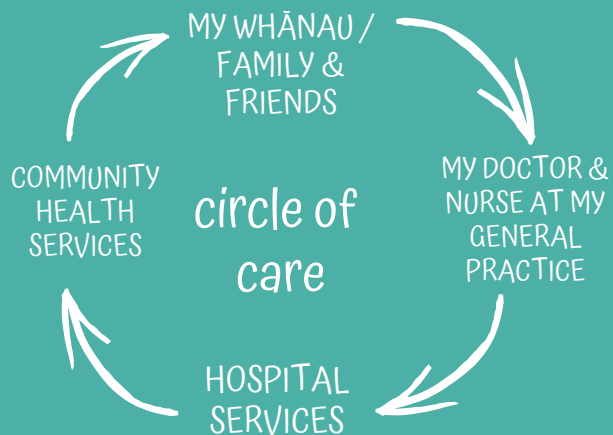


## Shared Care Plans

This brochure is about Personalised Care Plans (PCP) and Acute Plans (AP).

### Personalised Care Plan (PCP)

A PCP is a plan to help you and your "circle of care" work towards your health and wellbeing goals.



A PCP is for anyone with health issues that are complex, long or short term.

Your goals can be big or small, such as walking to the bus stop, driving, changing what you eat and drink or managing your medicines and health problems.

The plan helps you and your circle of care know what actions and support you need to meet your goals.

Look up Personalised Care Plans (PCP) on [healthinfo.org.nz](http://healthinfo.org.nz)

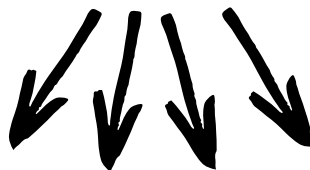
## HOW DO SHARED CARE PLANS WORK?



TALK TO YOUR GP / DOCTOR OR PRACTICE NURSE AND MAKE A PLAN TOGETHER..



YOUR PLAN IS THEN KEPT ON A SECURE COMPUTER NETWORK (ELECTRONICALLY).



YOUR HEALTHCARE TEAM CAN SEE YOUR PLAN.

### Acute Plans (AP)

An Acute Plan (AP) is for people who are often in hospital or need urgent or after hours care.

The plan includes information about your health and what treatment you need when you are unwell.

Ambulance, hospital, urgent care and after hours staff can see your plan, so they know more about how to help you.

Look up Acute Plans (AP) on [healthinfo.org.nz](http://healthinfo.org.nz)

### Who can see your plan?

Most people in your health care team can see your plan, such as your GP/ family doctor, practice nurse, hospital staff and other health care staff who look after you.

They can see it on their secure computer network and can help you when you are unwell.