

## Personalised Well-being Plan

<b>My Name:</b>		<b>I like to be known as:</b>		
NHS Number:	Phone number:		Email:	
Address:			Post Code:	
Are you an unpaid carer for/regularly support anyone else?		YES	NO	NOT APPLICABLE
Some of my own care and support is given by an unpaid carer/family member/friend		YES	NO	NOT APPLICABLE
They have given been given permission to be contacted by the NHS YES      NO      NOT APPLICABLE				
Their contact details are:				
<b>Things you need to know about me and my health</b>				
<b>What matters to me most:</b>				
<b>My health condition(s) and what I already do to keep myself well:</b>				
<b>These are the changes to my health I need to look out for, and this is what I will do if they happen:</b> (tell us what the change is including your symptoms and who will help you)				
<b>My medicine:</b> (include where it is kept and how you take it)				
<b>What I am worried about at the moment:</b>				

**What support I will need to stay as well as possible**

**What I will do to help myself:**

**What my family, friends and neighbours will do:****Other help I will need:****Where I can get help now:****If you need to contact my GP or designated contact, here are the details you will need:**

My GP is	My emergency contact is	Relationship to me	Other e.g. social worker, housing association, care worker
Telephone number:	Telephone number/Contact details:		Telephone number:

