

# Health Action Plan Profile

## "ADD NAME"

"Add date plan started"

INSERT PICTURE

**My health need:** Write down the area of health you are working on e.g. Eyes. Refer to 'things to think about' check list. Start with a health need that is a priority or one the person chooses.

**Identified problem:** Write a summary of the problem e.g. I am long sighted and wear glasses at all times.

### The things I do well

Talk with the person about what things they already do well to look after this health need. E.g. I wear my glasses during the day when indoors. I keep my glasses clean.

Find out from the person first what they think they do well and then ask other people in their support circle what they think the person does well.

It is important that we praise people for what they already do, it can help them feel valued and could help to motivate them.

Write these things in this box.

### The things that are important to/for me

Talk to the person and help them to think about what things are important to them and why, relating to this health need. E.g. It's important to me to wear trendy glasses so I look nice. I don't like to wear my glasses when I go outside, because if it's raining they get wet.

Talk to the person about what things are important for them relating to this health need. E.g. I could get headaches if I don't wear my glasses on a night out and it's important for me to have regular eye tests.

Write these things in this box.

### The things I want to try/ need to do



Talk with the person and help them to decide what they are going to do to help them manage or improve their health in this area. You will also need to talk about the things that are important for them to keep them healthy and safe and help them to balance these things with what is important to them. Write the actions they decide in this box.

### How best to support me

Thinking about the actions the person already does and the new actions they have identified- help them to think about what support they will need so that they can do these things. You should also write down how a health professional would need to support them during an appointment- e.g. During my eye test explain what you are doing before you do anything. Use symbols instead of letters.

**Who was involved in writing this plan:**

**Who can see this plan:** Write down who you have shared this part of the plan with.

Date	 <b>What's working</b>	 <b>What's Not working</b>
Set a date to review the plan	With the person help them to think about the actions in the 'Things I'm doing well' box and the actions in the 'things I want to try/ need to do' box and review what is working and what is not working. Use this time to think about if there is anything else that they need to do/ try or if things aren't working- could they try something else? Add new actions into the things I want to try/need to do box.	

Date	Key Action's from Health Appointment
Add date of appointment	Take the relevant profile to any health appointments and share with the health professional. Add any recommendations made by the health professional. At the next review discuss the recommendations with the person and help them to think about what they mean. Add new actions into the things I want to try/need to do box.