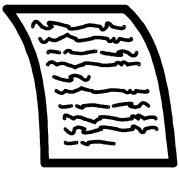




## My Information Plan

This plan is for:




NHS No:

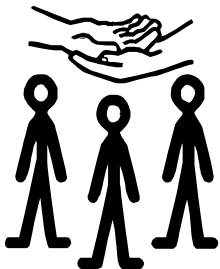


This information is to help you understand what is happening to you.



It will help you decide what you want.

 My Health Key Worker is:	 Telephone number:	 Times they can be contacted:














**Other people supporting me can be found in my Personal Health Profile.**



Developed by:  
Claire Henley, Sherwood Forest Hospitals Foundation NHS Trust.  
Gemma Del Toro, Nottinghamshire Community Health NHS Trust  
February 2011

Adapted from: Nottingham City PCT, Information Prescription



## My Information Plan

		Information	Date
<b>My Needs</b>		What is Palliative Care?	
		A plan of care	
<b>My Care</b>		What may happen to my body	
		Treatments I may need	
		What to do if I feel very poorly	
		What people can help me	
		Things I may need	
<b>My Future Care</b>		Other places to get support	
		What may happen to me and my body in the future	
		Planning for what may happen	
		My body after I die	

		Information	Date
<b>End of my life</b>		What care I may need at the end of my life	
<b>After my death</b>		Support for my friends, family and carers	

## Other things I have information on are:

	Information	Date given
	Support I may need	
	Medication	
	Ways to help me relax	
	My feelings	
	My beliefs	
	Ways to help my family/friends	
	How I can help myself	
	Money	
	The Law	

## I would also like to know about;

## Notes

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