

My Choices.....



....About the care I need

This book belongs to....



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‘My Choices’

What is this book for?

This book is to help you:

- Think about your health care and what you want.
- Talk with your parents, family, friends and carers about what type of health care you want.
- Plan your health care with doctors, nurses and other people who look after you.

If you want to, you can ...

- Write down what is important to you.
- Add more information over time.

If you want to, ask an adult to help you fill the book in.

The 'My Choices' Book.....

The 'My Choices' book is to help you think about and plan your health care.

This book covers:

- Health care at home
- Fun things and future plans
- Health care at school
- Staying well
- Growing up and moving on to adult services

AND 'What if' situations such as:

- What if my family need a short break?
- What if I am unwell?
- What if I am very unwell?

All about me

My name is _____

I like to be called _____

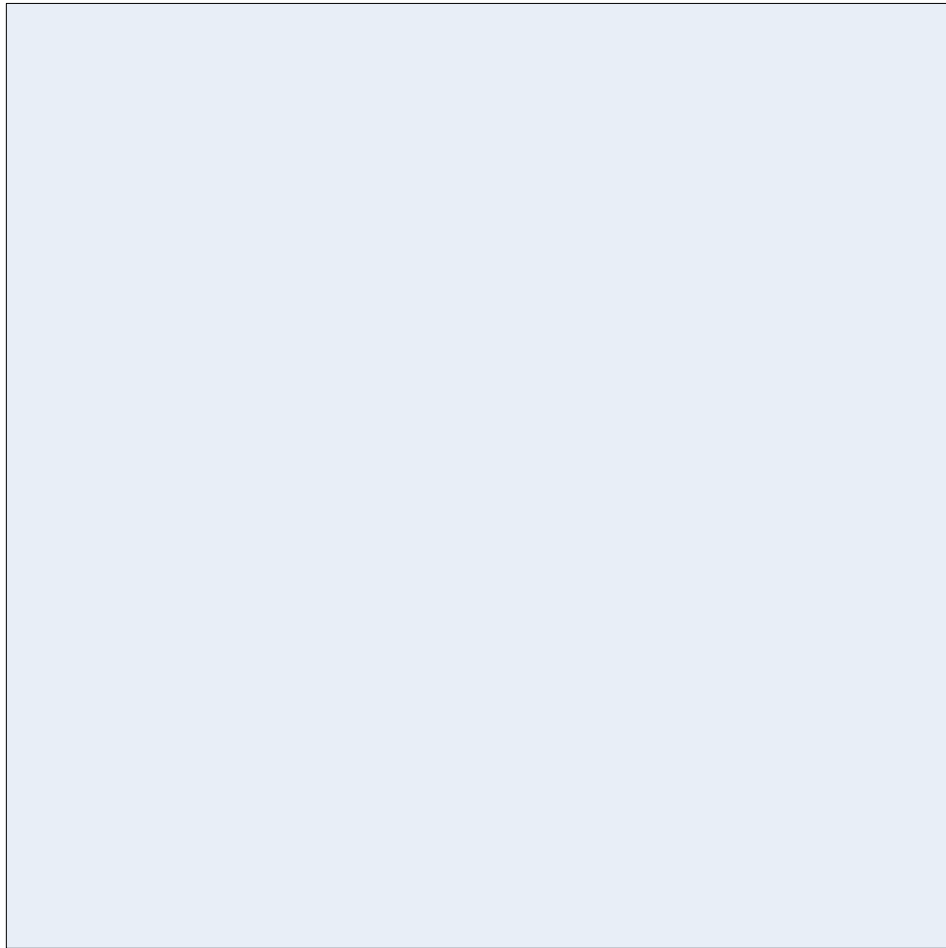
I live at _____

My birthday is on

These are the languages I speak

This is me and my family

You can draw a picture of yourself and your family here.



Who helps you to look after yourself?

(Tick the box next to the people who help you to look after yourself).

☐

Health Visitor

☐

Doctor

☐

Nurse

☐

Healthcare Assistant

☐

Physiotherapist

☐

Social Worker

☐

Psychologist

☐

Carer

☐

Other: _____

☐

Other: _____

My Care at Home

What is good and what is not so good about my health care at home. Write your thoughts in the bubbles



Planning ahead: My health care at home

How important is it to change/improve your health care at home?
Circle one option.

Very important

Important

Not important

Is there anything you would like to change?
How would you like things to be? Write down your thoughts.

1.

2.

3.

4.

5.

6.

Fun things and future plans

I want to

Write down all the things you want to do.

1.

2.

3.

4.

5.

6.

My care at school

What three things are good about your health care at school?
(Write them below)

1.

2.

3.

What three things are not so good about your health care at school?
(Write them below)

1.

2.

3.

Planning ahead: My care at school

**How important is it to change/improve your health care at school?
Circle one option.**

Very important

Important

Not important

**Is there anything you would like to change?
How would you like things to be?
Write down your thoughts.**

1.

2.

3.

4.

5.

6.

Staying well

Children and young people have lots of hospital and clinic visits and need tests (such as blood tests)

**What three things are good about your hospital and clinic visits and your tests?
(Write them below)**

1.

2.

3.

**What three things are not so good about your hospital and clinic visits and your tests?
(Write them below)**

1.

2.

3.

Planning ahead: My hospital and clinic visits and tests

How important is it to change/improve hospital and clinic visits and tests?

Circle one option.

Very important

Important

Not important

**Is there anything you would like to change?
How would you like things to be?
Write down your thoughts.**

1.

2.

3.

4.

5.

6.

Growing up and moving on to Adult Services

Young people transfer to adult services from about 16 years.

1. Has your doctor or nurse talked to you about transferring to adult services? (Circle one option).

YES

NO

DON'T KNOW

2. Do you know what local adult services are out there? (Circle one option).

YES

NO

DON'T KNOW

If you have answered 'No' or 'Don't Know' to these questions speak to your nurse or doctor.

What if.... My parents need a short break?

I would like to be looked after at the following places:

Circle all you choices

My Home



Hospice



Hospital



Relative, e.g. Grandma



Somewhere else

?

Name:

.....



Somewhere else

?

Name:

.....



What if.... I am not well?

I would like to be looked after at the following places:

Circle all you choices

My Home



Hospice



Hospital



Somewhere else

?

Name:



Somewhere else

?

Name:



Somewhere else

?

Name:



What if.... I am feeling very unwell?

I would like to be looked after at the following places:

Circle all you choices

My Home



Hospice



Hospital



Somewhere else

?

Name:



Somewhere else

?

Name:



Somewhere else

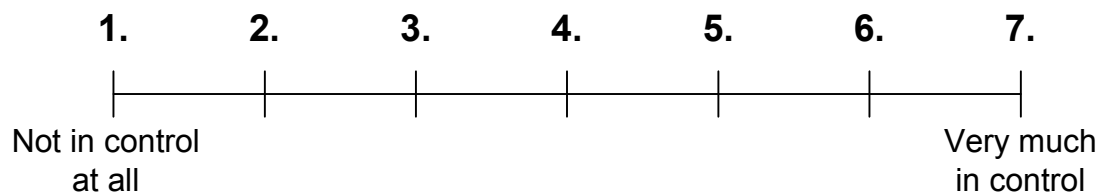
?

Name:

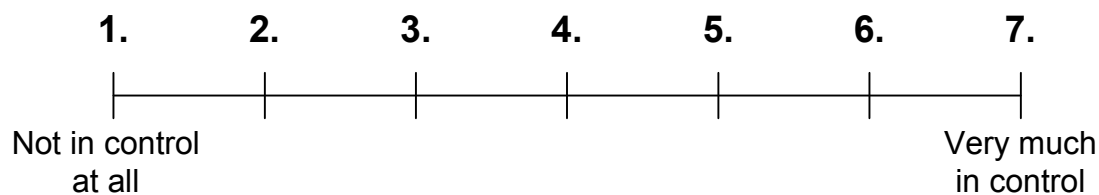


My Choices about My Care

**To what extent do you feel in control of the process of planning your future health care?
(Circle one number)**



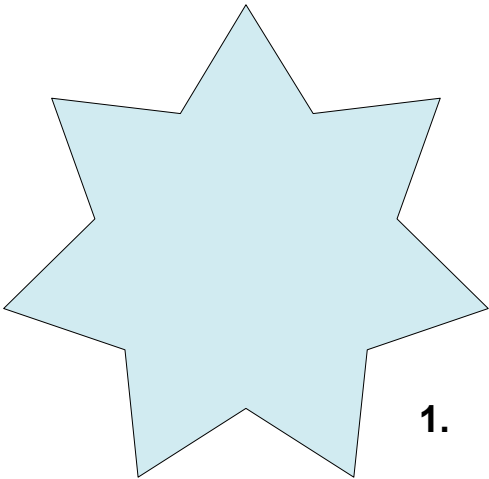
**To what extent do you feel you are listened to when deciding about your future health care?
(Circle one number)**



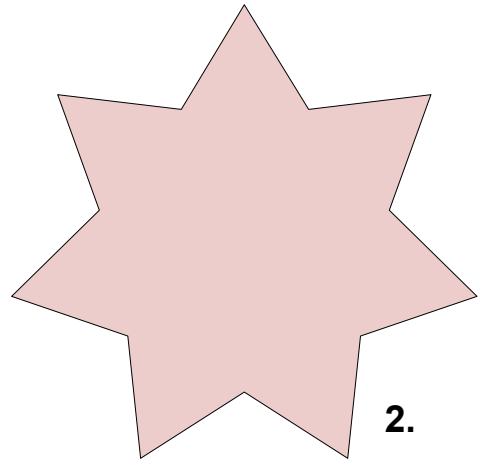
If you don't feel involved in your health care tell your parent, or your nurse or doctor.

MY CHOICES FOR THE FUTURE

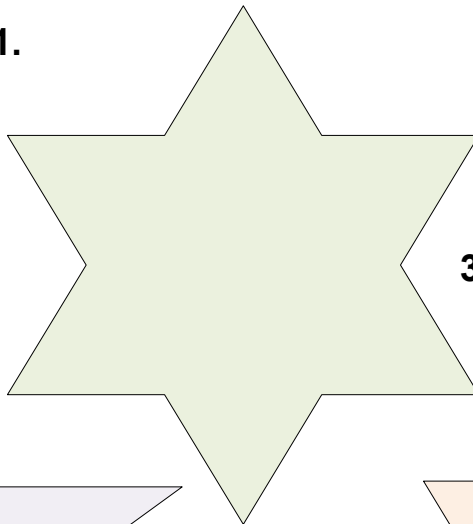
Think of five things that you would like in the future to make your health and health care better. Draw your ideas in the stars below



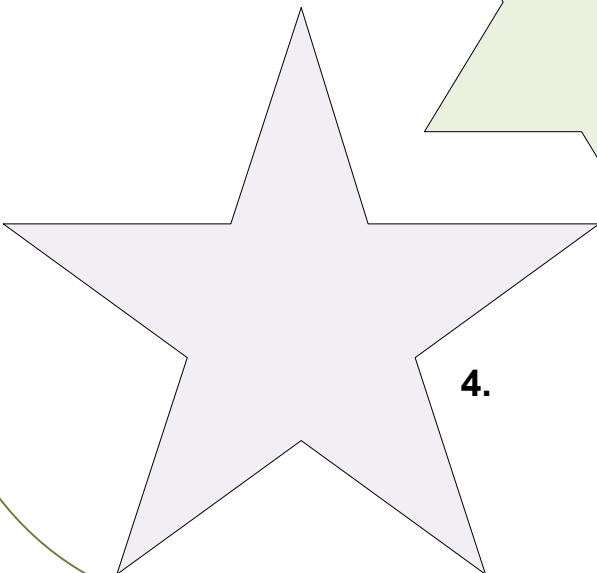
1.



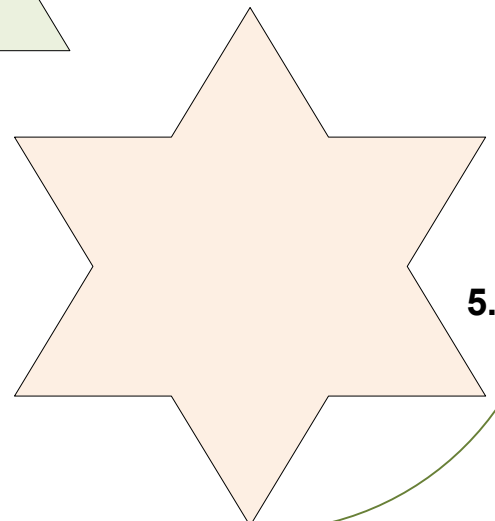
2.



3.



4.



5.

Anything else?

Is there anything else that you think is important?

This book was produced by Jane Noyes, Richard Hastings, Lucie Hobson, Ginny Bennett, Llinos Spencer and Richard Hain at Bangor University, on behalf of the 'My Choices' project team.



The 'My Choices' Project.

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Books in the 'My Choices' range include:

Book for children aged 6 – 10 years
Book for children aged 11 – 15 years
Book for young people aged 16 years and over
Booklet for Parents
Service Directory

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