

# My People

Please use this section of your Mywell Health planner to list the network of people involved in your life. Consider the professionals you call on and what they do for you. Identify your care partners; friends, family, neighbours, and others who do or could offer you support. Take time to name people you trust to make health treatment decisions for you when you are unable to speak for yourself.

[MywellHealth.info](https://www.mywellhealth.info)

Write your full name & date completed/updated here:  
(It will automatically appear on every page)

# Activities

## **My Health Care & Business Professionals**

Keep a current list of all your health care and business professionals.

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## **Identifying My Care Partners**

Make a list of family, friends, neighbours, caregivers, and others who provide support and guidance to you.

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## **Choosing My Health Advocate & Temporary or Substitute Decision-Maker**

Name those you trust to assist with health care and hospital visits, and to make decisions on your behalf if you are unable to do so.

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## **Caring for My Caregivers**

Think about ways to support the needs of your family members, caregivers, and care partners.

## **Resource Kit**

Click the underlined words in each activity to explore the online [resource kit](#). The resource kit provides definitions, educational materials, links to websites, videos, and more!

## **Medical Emergency**

If you have a medical emergency call 911. Do NOT use the planner or website for medical emergencies. If you have a medical concern, call your physician or a health care professional.

The general information provided on the website and planner is for informational purposes only and is not professional medical advice. Please read the [Terms of Use](#).

# Identifying My Care Partners

Care partners are the people in your life, both personal and professional, who are willing and able to support and help you as needed. Make a list of people you can talk to and rely on for assistance, such as doing specific tasks, and/or checking in with you regularly. This list may include family members, neighbours, friends, caregivers, and professionals. For each person on your list, specify their roles and how they can provide assistance.

**Tip:** Consider tasks you may need help with now and if your health changes in the future, such as driving, house cleaning, meal preparation, note taking at health visits, home repairs, grocery shopping, and more.

## My Care Partners | Example

Name & Role	Phone & Email	Helps with...
Sarah Green, Daughter	222-333-4444 sarah@email.com	<ul style="list-style-type: none"><li>• My health advocate.</li><li>• Driving to appointments and taking notes at appointments</li></ul>
Irfan Brown, Son-in-law		<ul style="list-style-type: none"><li>• Cleans gutters, helps with year-end taxes.</li></ul>
Angela Lee House Cleaner		<ul style="list-style-type: none"><li>• Cleans house Monday and Friday</li></ul>

My Care Partners		
Name & Role	Phone & Email	Helps with...

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# Notes for My People

Use the 'Notes for My People' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning

Notes	
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