

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.

Identifying My Care Partners

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

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.

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](#).

My Health Care and Business Professionals

It is a good idea to keep up to date contact information for your health care and other important professionals in one place. For each of them, list the type of care or services they provide so you will know who to call when you have specific concerns or problems.

Tip: Make sure your family and care partners know where this list is saved and who to call on your behalf if needed. Keep a print copy near your phone. Learn how to have a digital copy so you can access it 24/7.

My Health Care Professionals		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
Family <u>Physician</u>		
<u>Nurse Practitioner</u>		
<u>Specialist</u>		
Specialist		
Specialist		
Specialist		
<u>Acupuncturist</u>		
<u>Audiologist</u>		
<u>Case Worker</u>		

My Health Care Professionals (2)		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
<u>Care Coordinator</u>		
<u>Clinical Counsellor</u>		
<u>Dental Care</u>		
<u>Dietitian</u>		
<u>Geriatrician</u>		
<u>Hearing Clinic</u>		
<u>Naturopath</u>		
<u>Occupational Therapist</u>		
<u>Ophthalmologist</u>		
<u>Optometrist</u>		
<u>Pharmacist</u>		
<u>Physiotherapist</u>		
<u>Podiatrist</u>		

My Health Care Professionals (3)		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
<u>Psychiatrist</u>		
<u>Psychologist</u>		
<u>Registered Massage Therapist</u>		
<u>Social Worker</u>		
<u>Vision Clinic</u>		

My Business Professionals		
Role	Name Phone and/or Email	What is their role? How do they help you? Date of last visit?
<u>Accountant</u>		
Bank Contact		
Bookkeeper		
<u>Financial Planner</u>		
Life Insurance Agent		
Home Insurance Agent		
Lawyer		
<u>Notary</u>		
<u>Power of Attorney (Enduring)</u>		

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">• My health advocate.• Driving to appointments and taking notes at appointments
Irfan Brown, Son-in-law		<ul style="list-style-type: none">• Cleans gutters, helps with year-end taxes.
Angela Lee House Cleaner		<ul style="list-style-type: none">• Cleans house Monday and Friday

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

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

Choosing My Health Advocate and Temporary or Substitute Decision-Maker

Do you have someone who assists you at health care visits? Do you have someone you want to represent you in your health care decisions if you cannot speak for yourself? It may be your partner or someone you would choose if something happened to your partner. Think about who you want as a health advocate, and a temporary substitute decision-maker (TSDM) or a substitute decision-maker (SDM). They may or may not be the same person. Learn about these roles, how they are different, and how they can help you.

Tip: Learn about the differences and expectations of a health advocate and a temporary substitute decision-maker (TSDM). Learn about the legal responsibilities of a substitute decision-maker (SDM). Click on the underlined term and check the resource kit for more information.

My Health Advocate

A health advocate is a person who helps with health care visits. They can take notes, ensure your questions and concerns are discussed, and help you understand the answers and your options. This person should be one of your care partners, which could be a family member, friend, or neighbour. It should be someone you trust and feel comfortable with.

My Health Advocate	
Do you have a person or person(s) you would name as your <u>health advocate</u> ? List their name and contact information here.	
Full Name Phone Email	
Full Name Phone Email	
Full Name Phone Email	

My Temporary Substitute Decision-Maker (TSDM)

A temporary substitute decision-maker (TSDM) is an adult who is ready and capable of making health care treatment decisions for you if you are unable to speak for yourself or unconscious. Your physician will select this person from “your list” of family, friends, or persons close to you. This individual may or may not be the same person as your health advocate.

Ask yourself the following questions when making your temporary substitute decision-maker (TSDM) list:

- Am I comfortable talking with this person about my wishes and priorities for my health care?
- Does this person know my values and beliefs?
- Does this person live near me, or would they travel to be with me if needed?
- Will this person honor my wishes when I can no longer speak for myself?
- Can this person handle conflicting opinions from my family, friends, and health care providers?
- Is this person 19 years or older?
- Has this person been in contact with me over the past year?

My Temporary Substitute Decision-Maker (TSDM)	
If a <u>temporary substitute decision-maker</u> (TSDM) is needed to make health care decisions for you, your <u>physician</u> will choose someone from your list of family or relations who is qualified, willing, and available. The order of people listed might be your spouse or partner, your adult children, your sibling(s) or others you choose. List their name and contact information here.	
Full Name Phone Email	
Full Name Phone Email	
Full Name Phone Email	
Full Name Phone Email	
Full Name Phone Email	

My Substitute Decision-Maker (SDM)

A (formal) substitute decision-maker (SDM) is an adult you have legally named in a written representation agreement, to make health care decisions on your behalf, when you are incapable of communicating your wishes. This can involve giving consent for treatment, deciding whether to withdraw treatment, and making living arrangements. Health care professionals will contact the person you have identified in your representation agreement.

Keep a printed and signed copy of your representation agreement which names your substitute decision-maker (SDM) in your Mywell Health planner binder. Scan it to make a digital copy for your Mywell Health planner computer files.

My Substitute Decision-Maker is:	
Full Name	
Phone	

Tip: Your temporary substitute decision-maker (TSDM) or substitute decision-maker (SDM) should be aware of your values, beliefs, and choices for your end-of-life care. Learn more about this role in the section My End-of-Life Decisions and the resource kit when making an advance care plan.

Caring for My Caregivers

If your health changes, your family and care partners may need to take on various roles to support you. Some may take on professional responsibilities, such as managing your personal care, supporting your health-related decisions, and handling financial matters. Some may need to take on your personal care and become caregivers. It is important to acknowledge that those assisting you, whether family members, friends, or hired caregivers, can face personal challenges like illness, stress, and burnout, impacting their quality of life. It is a good idea to regularly check in with your care partners and caregivers. Develop a plan to have in place that encourages open communication, establishes personal boundaries, and provides a way for check-ins, ensuring your care partners and caregivers feel supported and secure.

Tip: Think about asking family caregivers who supports you complete a 'Caregivers Personal Assessment'. Be open to their needs. Listen to the suggestions they might have after completing their assessment. It might need to be done more than once and as demands and responsibilities change.

Caregiver Personal Assessment	
Date	
Name	
What is your current health? Do you have any physical or emotional limitations? Have you shared them with others?	
What are your current <u>care partner</u> and/or <u>caregiver</u> roles?	
Are you providing direct personal physical and emotional care?	
How many days of the week and/or hours of the day are you committing to providing care and support?	

Caregiver Personal Assessment (2)	
How is this affecting your home life and family? Are they supporting you in your caregiver role?	
Are you getting enough rest, eating well, and taking breaks as needed?	
Are you physically and emotionally comfortable with what you are doing?	
Are you financially burdened to provide this support? Have you had to leave work?	
Are there other <u>care partners</u> or caregivers involved? If not, are there others who can be asked?	
Can you share your stress and concerns with other family members or care partners involved?	

Caregiver Personal Assessment (3)	
Have you explored <u>support groups</u> or networks for family caregivers?	
Are there finances available to hire other private caregivers?	
Do you know about and have you explored <u>respite care</u> in your community?	

Plan of Action	
<p>After working through these questions, list what you need as a caregiver to do to keep yourself physically and emotionally healthy. Make a list of what you are doing or what you want to be doing, for example, exercise, socializing, activities, time alone, travel, and breaks from care responsibilities.</p>	
Physical Health Actions	
Emotional Health Actions	
Social Health	

Strategies for Supporting & Caring for Caregivers

Be Realistic

Understand that each situation is unique and will have its own path and trajectory.

Open Communication

Foster an environment where your care partners and caregivers feel comfortable expressing their concerns, emotions, and needs. Regular check-ins and open discussions can help identify potential issues early on.

Personal Breaks

Create a schedule that gives family caregivers time away from their roles and responsibilities. Some time for self-care can help prevent burnout and improve overall well-being.

Personal Counselling

Encourage all caregivers involved to seek out professional counselling and to focus on their own emotional health. Learn about signs of anxiety, depression, and exhaustion.

Problem Solving

Face problems as they are presented. Identify the problem, write it down, get information from credible sources, review your options, make an action plan, give it time to work, review and adjust your plan if needed.

Support Groups

Suggest support groups or networks in which caregivers can connect with others experiencing similar challenges. For some people, sharing experiences and advice in person, online, or by phone, can be therapeutic and informative.

Caregiver Support Resources

Explore support services and resources to learn how others have coped with the family caregiver role by using effective caregiver strategies to enhance their skills, manage stress, and be informed about the challenges of the role.

Respite Care

Learn about respite care services in your community that can provide professional care in your home or residential care.

Acknowledgement & Appreciation

Establish an atmosphere of gratitude and appreciation amongst all individuals involved. Be kind to yourself and others, simple gestures of thanks can go a long way in boosting morale and fostering a positive care environment.

Tip: Learn about resources and programs that offer practical ideas and personal supports for caregivers in the resource kit. Visit <https://www.familycaregiversbc.ca/> for tools, videos, support groups, and more.

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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