

PLANNING FOR THE FUTURE



This will help you to plan for:
What you want to happen (or achieve) before you leave.
AND... What you think you need for life outside the unit

You may also have questions to ask or want a copy of this placed in your health records.

You will need to ask a member of staff for help with this.

What I want to achieve for myself before I leave:

What else I want to happen before I leave:

Support I will need when I have left the unit:

How I would like things to be in 6 months time:

Questions: What I need to know for my life after I leave (tick boxes)

☐ How will my treatment or medication change when I leave the unit?

☐ Will I be able to reduce my medication?

☐ Where will I get support when I go home?

What is the plan for my treatment if I need it at home?

The goals I would like to set for when I leave are:

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Name of member of staff going through the toolkit with you:

My other questions...

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I've had my questions answered – now what?

Advocating for yourself is easier if you understand the information you have been given. If you are able to show other people that you know what you are talking about then you have a better chance of being understood by them and of influencing decisions made about you.

Questions you could ask yourself and your care team about the information you are given:

- **What does this information mean to me?**
- **Do I understand this? If not, then who could explain it to me some more?**
- **What impact does it have on my care and treatment**
 - **Now?**
 - **For my future?**
- **Does it raise new questions for me?**
- **How can I best get these new questions answered?**

Your life doesn't stop just because you are in hospital. There will be things outside of the unit that may be important to you. It is OK to ask about these things and express your views on them whatever they are. You may also be thinking about what will happen when you leave hospital.