

Taking Action: My Plan

Now think about your next steps.

- Could you apply some of the ideas you've found in this forth module to any of the day to day challenges and difficulties you may find in your caring role?
- What steps do you need to take to make them easier?

You might decide to tackle one or the practical issues you wrote down or these maybe something else that's occurred to you as you worked through the module; or you may simply decide that you want more information about the different types of practical support that is available to you.

Some challenges may be too big to tackle all in one go, so in this case its helpful to think about dealing with them in small bite size pieces. That's where this template of **My Plan** comes in. Think about the plan as a journey. The first box is for you to identify what it is you want or want to achieve or change.

Here is an example...



Where I want to be: Find out how feasible the mobility scooter is and then Dad and myself can have more independence.	
Action:	When:
Talk to him and find out what he thinks about the idea	Tonight at teatime
Get some brochures or look online at the options available and costs.	Tonight after our chat
Go and have a look at the nearest mobility scooter centre for ideas of size, weight, ability to fit into the boot of car.	Weekend
Need to work out as to where we can keep the scooter – hall, garage, garden with tarpaulin over.	Weekend
Ask the scooter centre if there are any payment schemes or ways to reduce costs.	Weekend

My Completed Plan:



Below is your own My Plan template to enable you to provide focus on those actions that will keep healthy and to continue in your caring role.

Where I want to be:	
Action	When:

A final word:

Caring for someone else, adult or child can be demanding, both physically and mentally. You need to make sure you don't put your own health at risk and you need to be well-informed about the condition of the person you care for.

Above all, you need to find ways to help the person you care for to live as independently as possible and at the same time have plans in place for the unexpected.

We know that this module, **Caring on a Daily Basis** has given you some useful ideas and suggestions for keeping on top of these and other practical challenges that you come across in your caring role.

Remember your Carers Organisation is here to help YOU!

Contact Number for:
Contact Name:
Email Address:
Notes: