

Taking Action: My Plan:



Now think about your next steps.

- Could you apply some of the ideas you've found in this module to any situation where effective communication is needed?
- What steps do you need to take to make it easier?

You might decide to tackle one of the issues you wrote down or there maybe something else that's occurred to you as you've worked through the module.

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 where you want to be as a result of the plan. In other words – start with the end in mind. Then take actions or steps to achieve that result.

Here is an example...



Where I want to be: I would like the day centre to encourage Michael to eat his own meals.	
Action:	When:
I'll use the JUDGE plan to help me plan how to approach the subject.	Tonight
I'll write out my bullet points of what I want to say and run through them with Jane.	Tomorrow
I'll phone up the day centre manager and ask when it's a good time to talk with her.	Friday
I need to practice some more to prepare. Perhaps if Jane is Ok with it, I'll get her to rehearse with me.	Weekend
I'll ask Jane if she'll come with me when I meet the manager for moral support.	Weekend

My Completed Plan:

Below is your own My Plan template to enable you to provide focus on those actions that will assist you in your effective communication.

Where I want to be:	
Action	When:

A final word:

Caring for someone else is one of the hardest jobs going and you can't do it all on your own. There is plenty of help out there, but unfortunately it's not just a matter of knowing what there is and asking for it – you've got to communicate your needs in an effective way.

We know that this module; **Communicating better with health and social care professionals** has given you some useful ideas and suggestions for communicating your needs.

Remember your Carers Organisation is here to help YOU!

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