

Some of the things you could discuss



Finding out more

Your GP practice will contact you to arrange for your annual review. If you are not sure when your review is due, please contact the practice, who will be happy to help.

Living with a long-term condition

Planning your care and support together

Heart
COPD
Diabetes
Heart condition
Diabetes
COPD
Asthma
Diabetes
Heart condition
Asthma
Stroke
Asthma
Stroke
Diabetes
Heart condition
COPD
Asthma
Stroke
Asthma
Heart condition
Diabetes



This leaflet has been developed with a number of partners in Gateshead House of Care Project including the Year of Care Operational group and the LTC Patient Reference Group.

Planning your care and support

As a person with a long-term condition, you know better than anyone what it is like to live with your health condition day to day. That's why your GP practice is moving towards a new way of helping you to manage your condition.

Care and support planning is a new way of working with your GP and health care team to think about:

- Things that are important to you and can help you live better with any long-term health conditions you have
- What you can do to manage your conditions
- Anything else in your life which affects your health condition, like social or financial issues
- Deciding together what support you need



A new way of working

First you will have any checks or tests to help you monitor your condition.

Your results will be shared with you, with an explanation, so you can think about anything you'd like to discuss before meeting your GP or practice nurse. You will then have time to talk about what is important to you and plan your healthcare together.

There are four stages to care and support planning:

Think about your test results and anything you want to talk about at your review. Are there things that could help you to live well and stay well?

1 **Prepare**

Say what is important to you, ask questions and consider the options together. You can lead the discussion.

2 **Discuss**

4 **Review**

Review the plan with help from your doctor or practice nurse to see how you're getting on.

3 **Make a plan**

Together you can agree a plan setting out what you have decided to do.

This means you can work more closely with your doctor or practice nurse to agree a clear plan for managing your condition together. Your doctor or practice nurse will still be on hand when you need their help at other times.