

Taking Charge of your own life, with, or after illness

The Workbook

This version has been revised so it is non-stroke specific – anyone can use it!

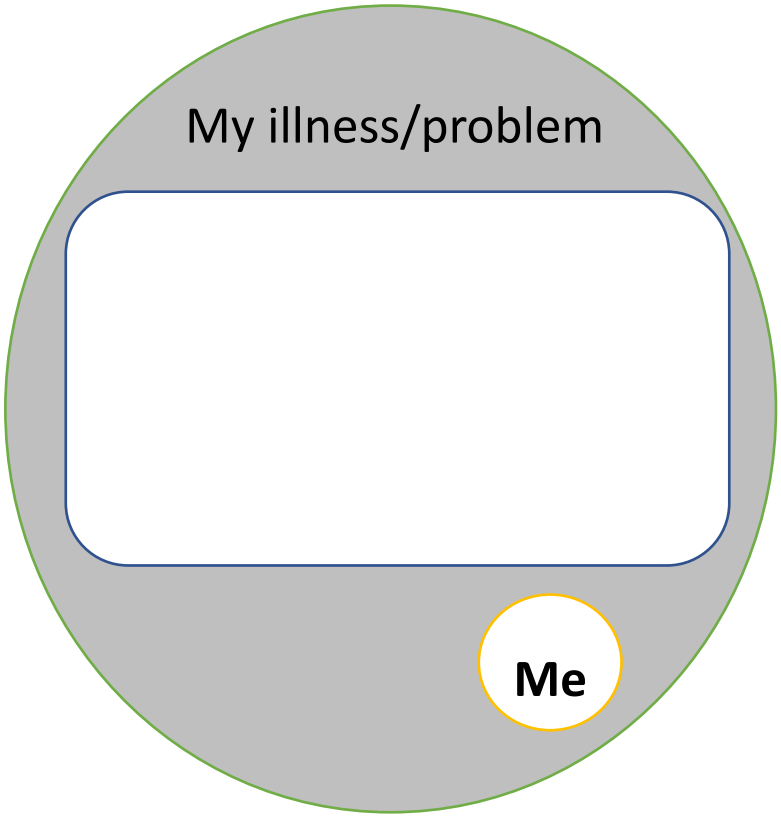
Feel free to share. The manual (generic version) and a simple 'stock-take' of current activities before you start is available here: https://bit.ly/3ysp1KM

Comments (good and bad), mistakes and so on, to harry.mcnaughton@mrinz.ac.nz or @TakeChargeH
There are some spare pages at the back so you can update as you wish

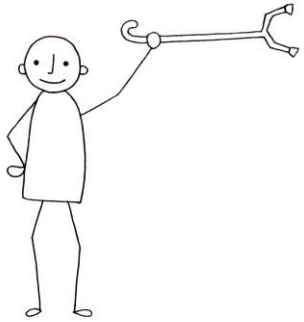
MEDICAL RESEARCH INSTITUTE OF NEW ZEALAND

1. Taking Charge: who I really am

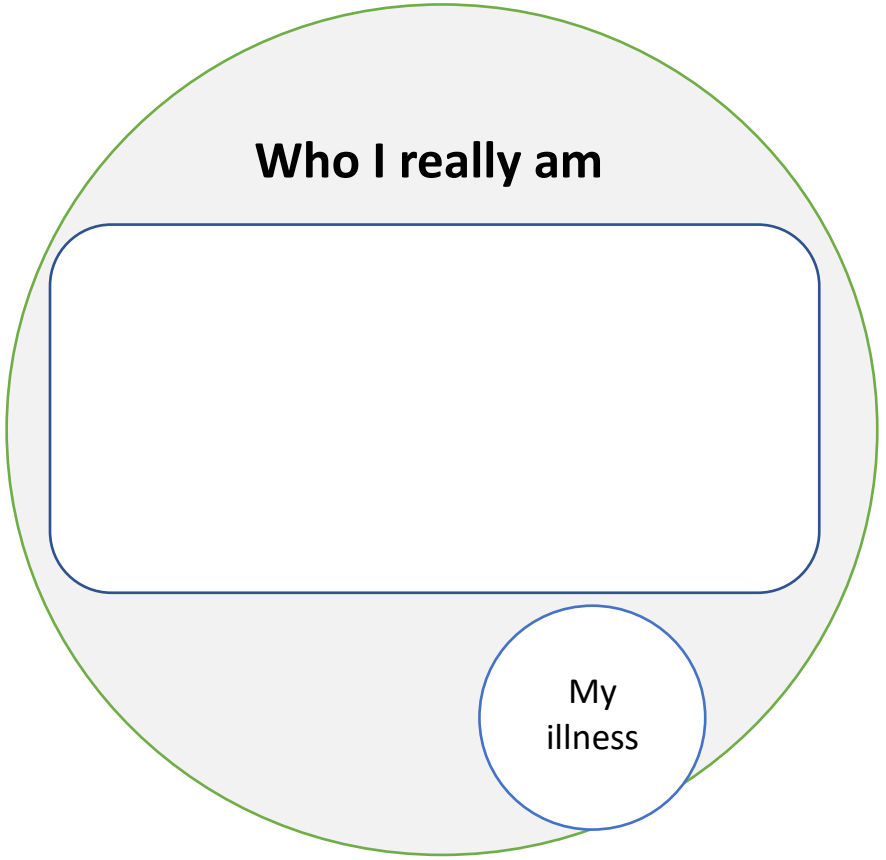
First, describe any problems, for example:
weak, pain, headaches, hard to talk, hard to walk, hard to see, hard to think, tired, lonely, sad, can't work, need help



A patient with an illness

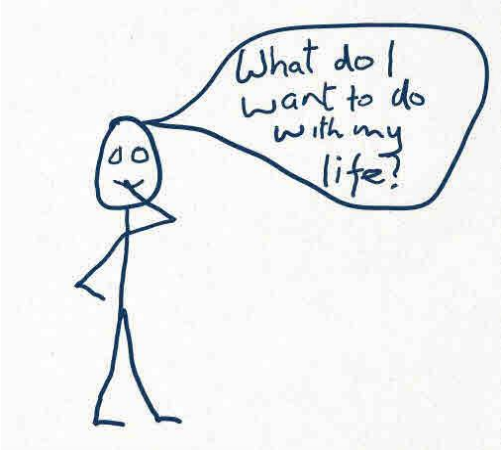


Second, describe yourself – what makes you 'you'. For example: *Mother, daughter, wife, grandma, choir member, gardener, reader, teacher, friend, joker, volunteer, strong, happy, energetic, loving, warm, kind, gentle and lots more!*



A person who happens to have a medical condition

2. Taking Charge: looking beyond this illness



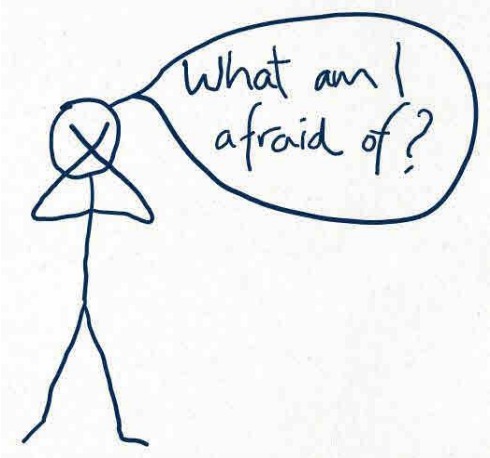
Overall hopes, aims, aspirations for next 12 months

1.

2.

3.

4.



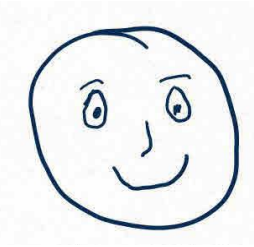
Main fears

1.

2.

3.

3. What would my ‘Best Day’ look like?





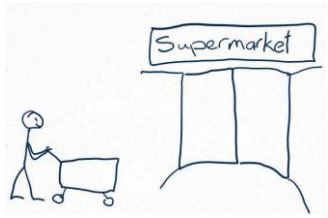
Draw a picture of your best day here. Friends and family may also want to draw something.

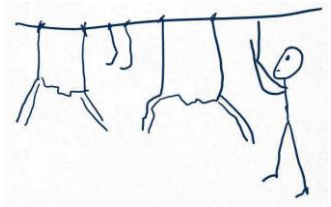
Becoming the person who I really am - what do I dream of doing?

Sketch drawings in this column if you want

Date	What I want to do	How I could achieve it – write down any ideas you have
For example	*Grow and pickle cucumbers like my mother did*	• *Read up about it (RHS website?)* • *Talk to the man down the allotment about growing them* • *Buy seed!* • *Ask woman in deli for pickling recipe*

Physical things like getting around, washing and dressing, doing the housework





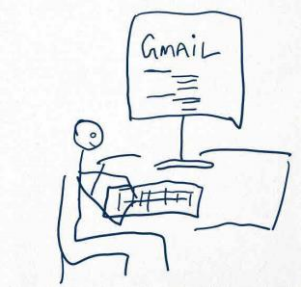


Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Walk to the shop on my own*	• *Walking practice with James every day if possible!* • *Try walking to next door on my own with James watching* • *Ask the physio about swapping the walking frame for a stick*

Communication including speech, understanding, reading, writing, using a computer

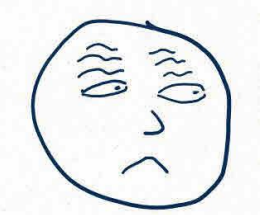


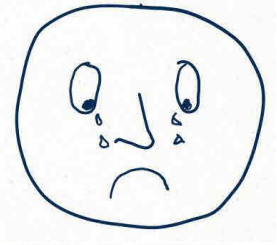


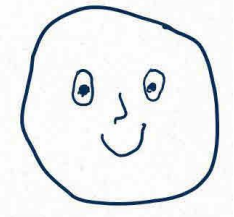


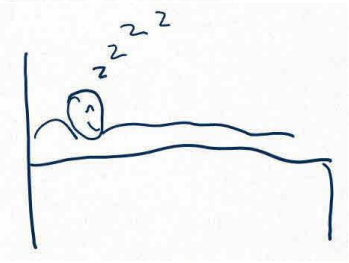
Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Talk on the telephone*	• *Do some practice runs with James* • *Arrange for Elsie to call me* • *Use a tape recorder or something so I know what I sound like? (scary!)*

Emotional issues like feeling anxious, worried, stressed, depressed, helpless



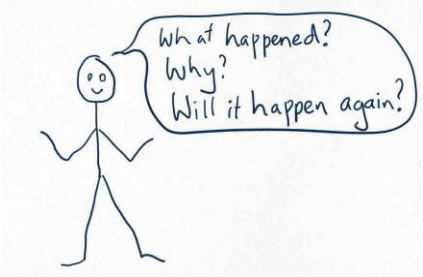


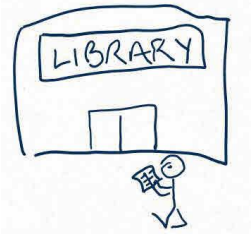
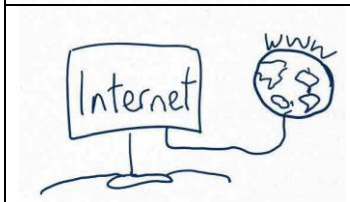




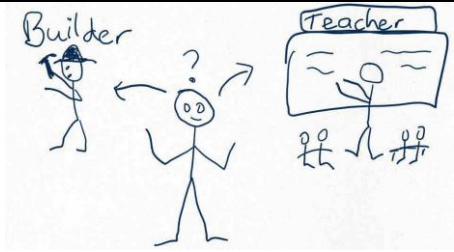
Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Feel more in control/charge*	• *Put my 'main hopes' sheet on the fridge door where I can see it* • *Talk with James about me taking responsibility for some jobs – paying the bills maybe?* • *Join a support group?*

Information needs

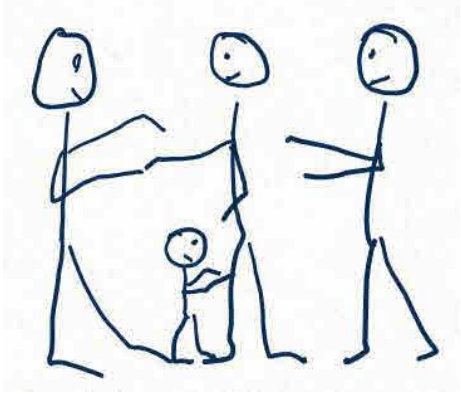
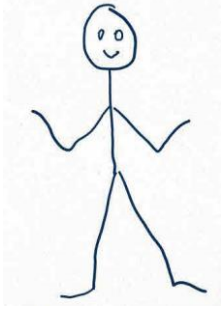


	Date	What I am trying to do	How I could achieve it – write down any ideas you have
	*For example*	*Understand more about my illness, or problem*	• *Talk to the GP* • *Try the internet?* • *Support group?* • *Ask family to write down (or voice record?) what they remember about what happened in the hospital?*
			
			

Financial issues like paying the bills, returning to work, using a budget, knowing about available supports

	Date	What I am trying to do	How I could achieve it – write down any ideas you have
	For example	*Reduce travel costs*	• *Apply for taxi discount vouchers* • *Apply for mobility sticker for windscreen* • *Which buses have the low entry step? (internet search?)*
			
			

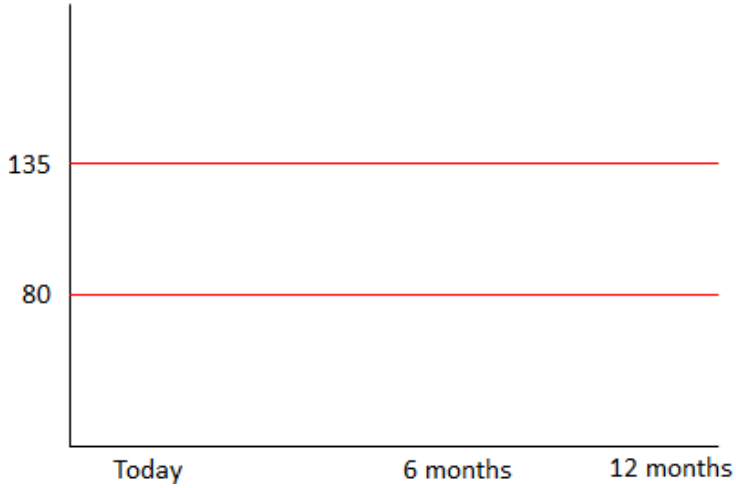
My support network – where I go for help, support, having a good time

	Date	What I am trying to do	How I could achieve it
	*For example*	*Show my helpers how much they mean to me*	• *Invite Julie and Don for lunch soon* • *Skype call with Andrew and Jo?* • *Petrol vouchers for George* • *Buy James a present on line*
			

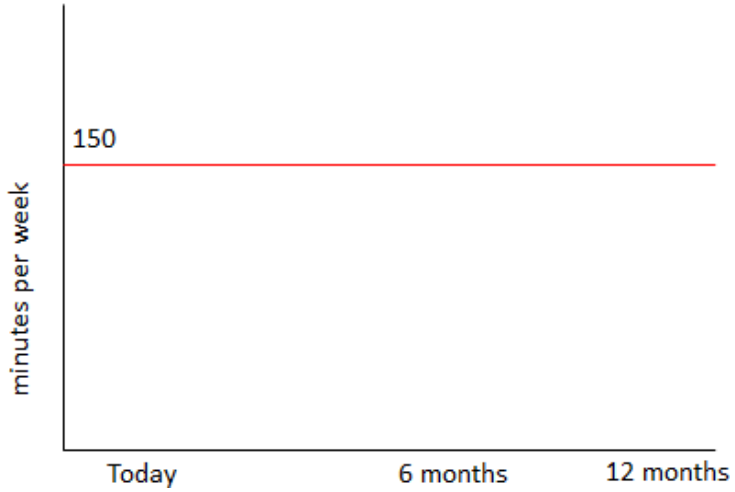
Looking after my own health

	Date	What I am trying to do	How I could achieve it – write down any ideas you have
Blood pressure	*For example*	*Reduce my risk of stroke (my problems are high blood pressure, diabetes and cigarettes!)*	• *Measure blood pressure at home and set target with GP (less than 135?)* • *Stop smoking!* • *Have another look at my diet and weight* • *Exercise every day!*
Smoking			
Diet			
Exercise			
Diabetes			

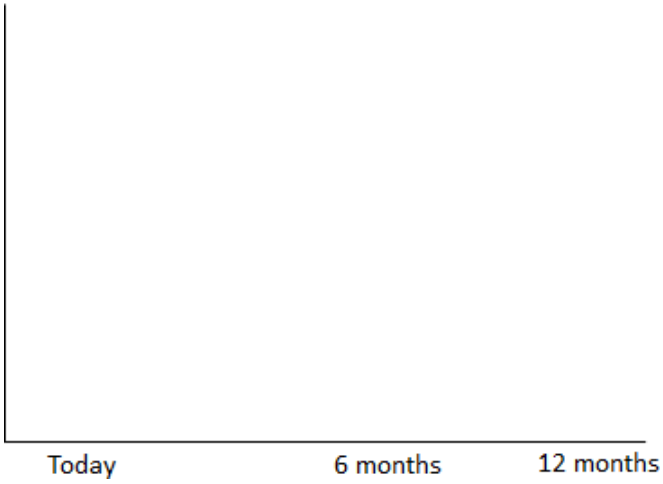
BP Target

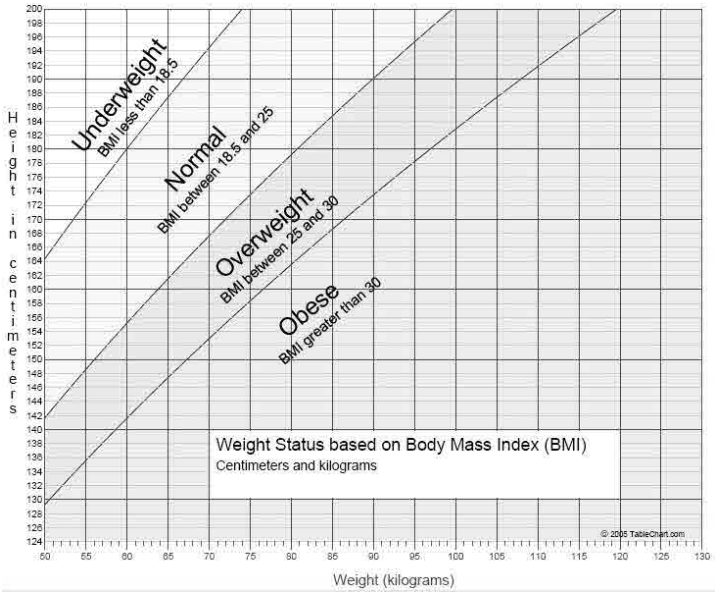


Exercise Target



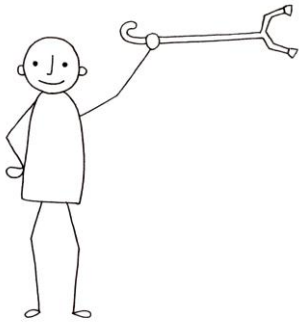
Your Target for _____



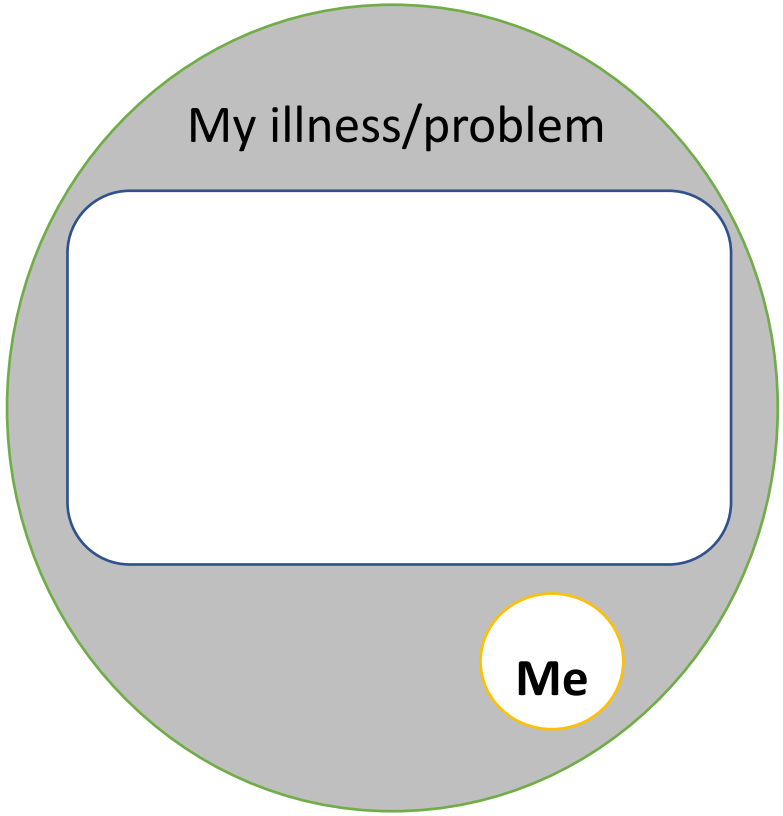


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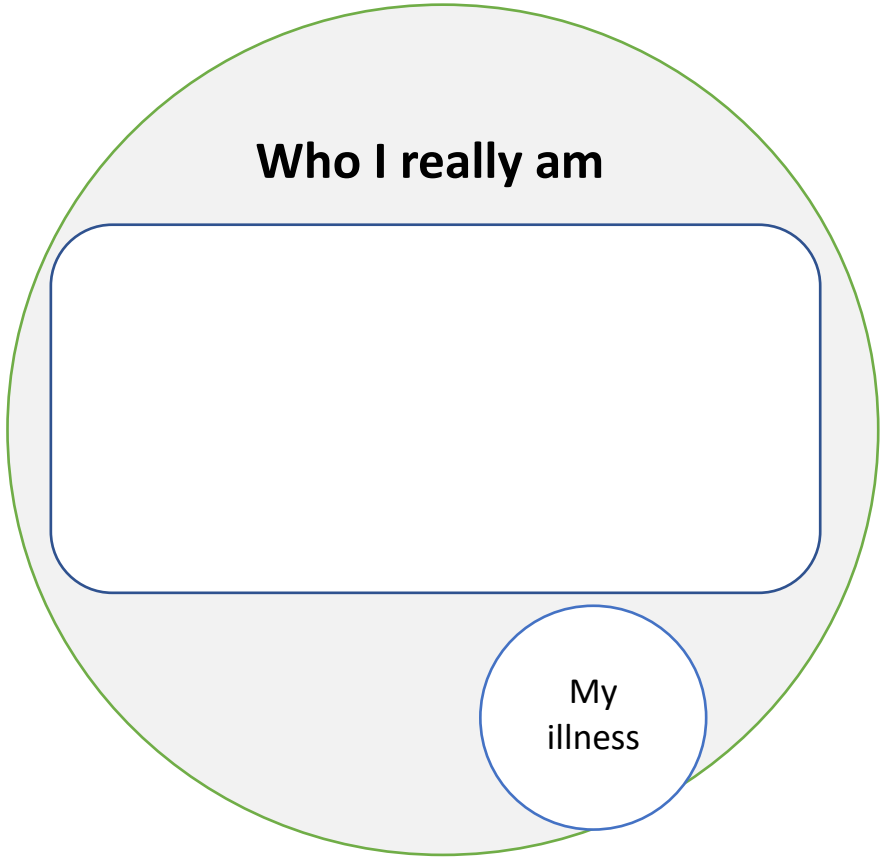
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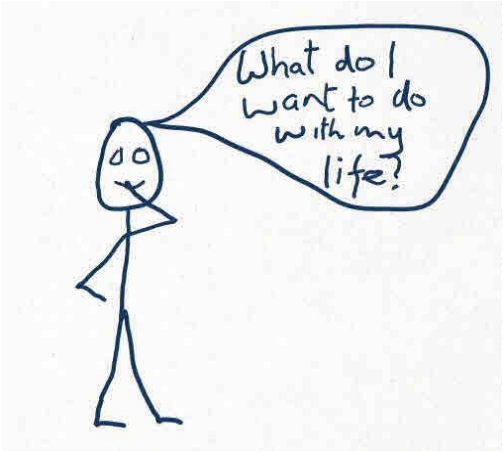


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A person who happens to have a medical condition

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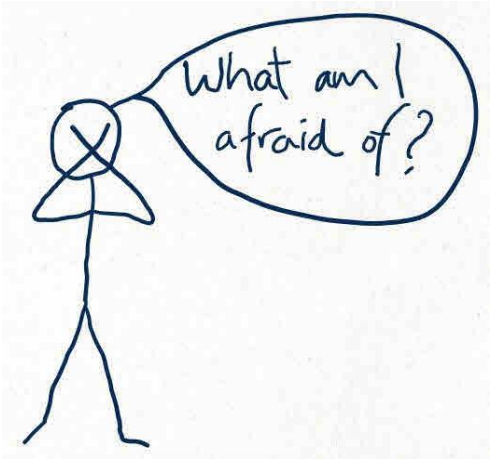
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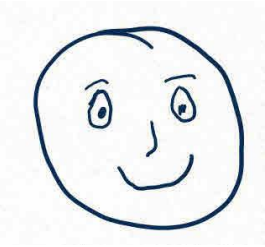
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