

A PATIENT CENTERED CARE PLAN

ABOUT ME:

Name: Lucy Roberts **I want to be called:** Lucy **DOB** 6/3/1967

Address: 103 Hampton Court, Apt 24,

Phone# 555 271-5678 **cell** Best time to reach morning **Can leave a message?** X Y N

Email LRoberts787@email.com **Alternate phone#** _____

Emergency Contact: Carmen Potts **Phone:** 555 217-3323 **Relationship** daughter

I speak English **as my main language.** **I sometimes need help understanding written information about my health** Y X N

My Care Team:

PCP Andrew Valeras, MD **Phone** 555 878-2000 **Fax** 555 878-2444 **E-mail** thru portal

CHW. Maria Ruiz **Phone** 555 878-217 **Fax** same **E-mail** MRuiz@healthcare.org

MA Elena Harmon **Phone** 555 878-2000 **Fax** same **E-mail** thru portal

BHC Aimee Burke, PhD **Phone** 555 878-2000 **Fax** same **E-mail** ABurke@healthcare.org

Other _____ **Phone** _____ **Fax** _____ **E-mail** _____

Who else is currently involved in your care? (specialists, nurses, outside agencies)

Name Suzanna Jenkins, DDS **Role** dentist **Phone** 555 879-2700 **E-mail** _____ **Rls** X Y N

Name Public Housing Agency **Role** _____ **Phone** 555 878-3134 **E-mail** _____ **Rls** Y X N

Who are the most important people in your life?

My daughter, Carmen Potts, my grandson, Samuel (7/15/2012). I live near my daughter and I take care of Sammy when she is at work. My ex-husband, Sam Roberts. We've been divorced a long time, but we are still close. And my pastor, Umberto Rodriguez.

Who can we talk to about your care?

Name Carmen Potts **Rel.** daughter **Phone** 555 866-3326 **E-mail** CPotts775@aol.com **Rls** X Y N

Name _____ **Rel.** _____ **Phone** _____ **E-mail** _____ **Rls** Y X N

What do you want your healthcare team to know about you? (This can include your most important medical and/or emotional concerns. You can also include information you would be happy to talk with people about, what you like to do in your free time, what you do for work, what your spiritual or religious affiliations are, what your financial situation is, what your unique talents or hobbies are, what makes you happy.)

I have to worry about diabetes all the time to be sure I eat right and exercise like I am supposed to. Sometimes I just don't feel like doing it. If I have a decision to make, I always pray about it and sometimes I ask my pastor. My grandson is the most important thing in my life. I am trying to keep him safe and to be sure he is more confident than I was. I used to try to stay in the house all the time, but my pastor and my doctor have helped me to be less worried so I can go out to shop and visit my daughter and a few friends. My ex-husband will come over and comfort me if I am really scared and he fixes things too. I get a lot of pleasure from knitting and that keeps me busy.

What my provider wants my care team to know about me:

Lucy cares a lot about her health because she has to be healthy so she can care for her grandson. That means she always wants to do what is good for her health, so if she doesn't follow her diet and exercise, it means she may need more help. If she misses a visit, it helps to call her right away to problem solve. Maria Ruiz has been in contact with her a lot as part of our team and it has helped her keep up with her health actions.

MY HEALTH:

Medical Summary/"Sign-out" by my doctor: Lucy Roberts is struggling with Diabetes Mellitus Type 2, high blood pressure, and anxious depression. She had a twenty-year history of heavy drinking, but has been able to stay sober for about 12 years. She had traumatic experiences as a teenager that make it very hard for her to trust people, but she has made important strides in that area in the last few years.

My Medications: *(I would like my medications reviewed to be sure I am taking the minimum necessary number and doses. Yes No)*

<u>Name</u>	<u>Dose</u>	<u>When (BLDBed)</u>	<u>Purpose</u>
<u>metformin</u>	<u>500mg x 2,</u>	<u>morn and eve</u>	<u>for type 2 diabetes</u>
<u>lisinopril</u>	<u>10 mg x 2 ,</u>	<u>morn and eve</u>	<u>for high blood pressure</u>

Allergies/reactions: None

Advance Directives? Y N **HC proxy? Name** C Potts **Phone** 555 866-3326

Things I do to maintain my health: *(Ex: try to eat a healthy diet, try to exercise, try to take my medication as prescribed, check myself (weight, blood sugar, feet, other), get doctor check-ups, ask for information I need from my doctor, avoid excessive drinking, avoid illegal drugs, spend enjoyable time with friends or family, try to get enough sleep, build in time to relax and decompress, use breathing techniques or mindfulness to calm my body or control pain).*

I try to follow my diet. I take my medicine. I walk around my apartment complex almost every day that it is good weather as well as walking to my daughter's apt to take care of my grandson. I stopped drinking 13 years ago with the help of AA and my church and I have only had a couple of times when I had a binge since. I spend time with some of my family most days.

Ways the care team has noticed that the patient tries to contribute to their own health and healthcare: (Ex: tries to come to appointments on time, calls for advice or help before a problem gets too serious, tries to be honest with team members even if that makes things uncomfortable at times, tries to be supportive of health team members).

Lucy has such love for her family, they are the reason she tries to stay healthy. She is very honest when she reports on her diet or exercise or medication taking. If her worry or her depression start to get the better of her, she is always willing to talk about it with a team member and if we remind her of the skills she has learned for controlling worry, her breathing exercises, her thinking about what she enjoys and what she is proud of, she tends to get back on track fairly quickly.

Barriers to doing what I want to do to maintain or improve my health: (Ex: pain, other symptoms of illness, housing instability, hard to obtain food for healthy diet in my area, no place to exercise, family responsibilities or pressures, difficult to get rides to appointments).

My feet hurt a lot of the time when I walk. I can't get the foods that are on my diet a lot of the time.

MY FUTURE:

What I am able to do or enjoy at this point in my life when illness or stress doesn't get in the way. Things that I would like to be able to do more often.

I love to knit and make clothes for my family, especially for Sammy. I am starting to know more people at my church and going to prayer meetings is very comforting.

Things I would like to be able to do in the future, for myself or for people I care about:

I would like to keep knitting and maybe even make some things to sell for some extra money. I would like to be able to take my daughter and grandson to some interesting places and I want to be sure he has what he needs for school.

My health team's long-term goals for my health:

We would like her diabetes to be in better control, to have her anxiety or depression be less of a factor in her health regimens

Things my health team suggests I consider so I don't take on too much (Ex: picking one action that does the most for my health with the least change in what I am doing now, not going too fast, only doing what is possible to keep doing over time):

Because I am good at taking care of myself when I feel ok about myself, my team suggests that keeping my depression and anxiety under control is probably the most important for my health overall.

Things I want to start working on for my health now (Ex: reducing a barrier, keeping something going well, improving something) and the first thing I will try to do, when, where, how often:

I want to keep walking. It helps my diabetes and it keeps me being able to get to my daughter's house when I want.

Things my health team will do to help me (Ex: offer tools for tracking what I do or monitoring my progress, check-in with me, help identify doable actions I/we can do to get the most benefit for my overall health, aid me in getting help from other health services or community services, help me talk to my family about how to support my plan).

Lucy's healthcare team will be ready to help her when things get stressful, Dr. Burke can help with her anxiety or depression or help her make health improvement steps, Maria can help the team keep up with how she is doing, and can offer ideas and help for finding materials (web resources or articles) to help her in keeping herself healthy or if she needs help with other community resources.