

The following is a fictitious example only



Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust



My care co-ordinator name is:

XXXXXX



My support details

I can contact my care co-ordinator Name and contact numbers

Out of hours or in a crisis I can call 0121 301 5500 home treatment

If my care co-ordinator is not available I can call the duty worker or Duty nurse on contact number

Where I am now and what I want to change	Where I would like to be	How am I going to get there	Who is involved in my care
<p>Eric has a diagnosis of schizoaffective disorder.</p> <ul style="list-style-type: none"> When Eric feels stressed he tends to hear voices saying derogatory voices telling him he is worthless, that nobody cares about him and that nobody listens to him. Eric states that when it all gets too much and he hears these voices the depression kicks in and he thinks there is nothing work living for and he has thoughts of “taking himself of this earth” Eric also says that he doesn’t really want to die he just wants the voices to stop. Eric says that although he has thoughts he wouldn’t act on them like he did 5 years ago when he attempted to strangle himself after his dad died 	<ul style="list-style-type: none"> Eric would like to find ways to reduce his stress levels Eric would like to reduce the voices and to develop techniques to cope with them or learn to ignore them 	<p>Eric has agreed to:</p> <ul style="list-style-type: none"> Increase his exercise by going for a 30 minute walk once a day, go swimming or do some light exercise at home Eric to use mindfulness CD he has been given Listen to music with earphones in order to distract him when the voices become hard to cope with and upsetting Contact his care co-ordinator (name) if it “all gets too much 	<p>Eric</p>
		<p>Eric’s mom Sandra will:</p> <ul style="list-style-type: none"> Provide practical support for Eric; she will go shopping with him once a week and help him with housework and managing money which he states will help him feel less stressed. Contact (name of care co-ordinator) if there are concerns. 	<p>Mom (Sandra)</p>
		<p>Care Co-ordinator (name) will:</p> <ul style="list-style-type: none"> Have monthly contact with Eric; Eric has agreed to alternate contacts to the CMHT (name) and his flat Refer Eric to the hearing voices group, referral to be made by 1/1/2021. Monthly contact with psychology to check status of referral 	<p>Care Co-ordinator (name)</p>

		Medication: <ul style="list-style-type: none"> Eric to have his depot every 2 weeks as prescribed Eric to have his depot at home or at CMHT (name) if he can attend Eric to be reviewed every 3 months by Dr (name) Eric to feedback at each appointment how effective the medication is and any side effects he may be experiencing 	Dr (name)
<ul style="list-style-type: none"> Eric has stated that he drinks alcohol every day; he says that this can range from drinking 4 cans a lager a day to a bottle of vodka a day, depending on how much money he has. Eric says he would like to reduce the amount he drinks in the short-term with a view to stopping in the longer term, Eric says that he may find this difficult as alcohol “gives him a break” 	<ul style="list-style-type: none"> Eric has agreed to reduce the amount of alcohol he drinks by; stopping drinking vodka in the short term. In the medium term Eric has agreed to try to have one alcohol free day per week. 	Care Co-ordinator will: <ul style="list-style-type: none"> Refer Eric to CGL services as he feels he is now ready to engage. Referral made on 1/1/2021. Weekly check with CGL to check status of referral Eric has agreed to keep a record of how much he drinks each day to be discussed at monthly contacts. 	Eric and care co-ordinator (name)
<ul style="list-style-type: none"> Eric has been diagnosed with high blood pressure in the last month. Eric has said he doesn't really care about this, doesn't want to talk about it and doesn't want to take any more medication 	<ul style="list-style-type: none"> To provide Eric with information about high blood pressure and information about medication Eric has agreed to try to follow a healthier diet; and reduce takeaways from 5 a week to 2 a week. Eric has agreed to make healthier choices from the takeaway menus 	<ul style="list-style-type: none"> Mom (Sandra) will encourage Eric to make healthier food choices when shopping Mom and care co-ordinator will encourage Eric to take medication as prescribed Eric has agreed to attend an appointment at the G.P. surgery (name) to discuss his high blood pressure and medication. 	Care Co-ordinator, Eric, Mom and G.P. surgery (name)

This plan applies to when I am
All the time

Early signs (first signs I am becoming unwell)	What to do (myself, family member/friend/carer) and what services can do
I have trouble sleeping and I feel restless and unsettled I get preoccupied with one or two things I feel more anxious	Eric you have found making time for yourself useful in the past for coping with thoughts and feelings: Deep breathing Meditation Relaxation Using music to distract yourself Use your mindful CD and techniques Contact your mom (Sandra) to discuss how you are feeling

Middle signs (middle signs I am becoming unwell)	What to do (myself, family member/friend/carer) and what services can do
<p>I feel depressed and low, I feel useless and helpless I have racing and intrusive thoughts and I cannot quieten them Other people seem to have difficult following what I am saying My voices increase and say awful things about me I behave oddly for no reason I feel unable to cope I stop taking my medication Start drinking more alcohol</p>	<p>I will contact my care co-ordinator (name), If I don't then my mom (Sandra) will in the past the following have worked: Increased contact and support by my care co-ordinator Daily visits from my mom Medical review with Dr (name) to review/increase medication Consider Referral to Home Treatment.</p>

Late signs (late signs I am becoming unwell)	What to do (myself, family member/friend/carer) and what services can do
<p>I cannot be bothered with my appearance or hygiene I feel irritable and quick tempered and insult people especially my neighbours, this is usually in response to my voices become unbearable I feel like I don't want to be on this earth</p>	<p>Referral to Home Treatment and admission if required</p>

Known stress triggers or high risk situations
<p>Anniversary of losing my dad March Increased problems with neighbours Financial and debt issues</p>

My Support Details
<p>Contact numbers</p> <p>Mom provides daily support to Eric and she is also aware of his early warning signs and contact details. Mom has physical health problems and if there is a gap in care then this would be an increased risk for Eric as there is no other family.</p>