

1. About Me

Tell us about you, and the important things in your life.

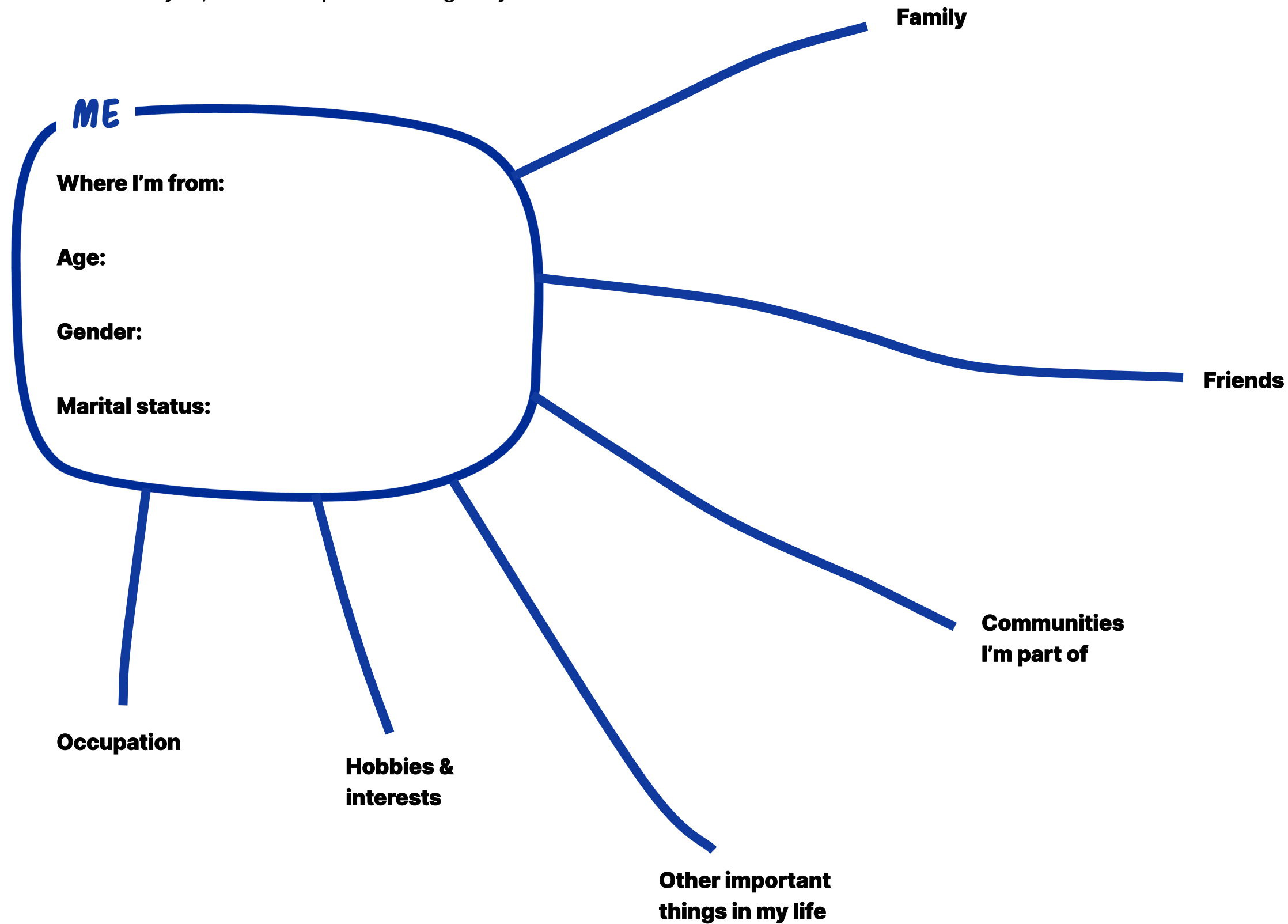


Photo opportunity:
Show us the important
things in your life

2. My health journey

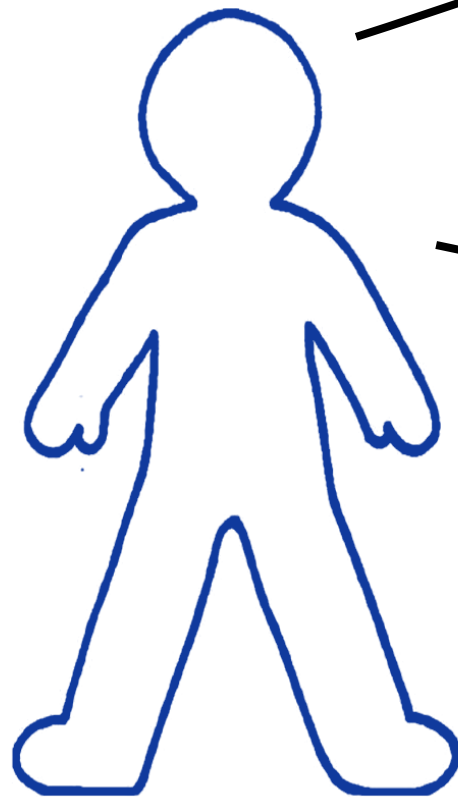
Create a timeline of your health journey. Add your conditions, diagnoses and any other key events related to your health.



3. How my conditions affect me

Write or draw on the body and mind to show how your health conditions affect you.

How they affect my body



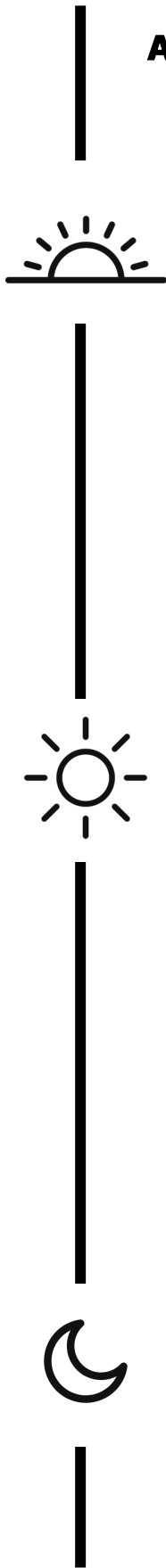
How they affect my mind



4. Living with my health conditions

Tell us about what day to day life is like living with your health conditions. This could include what you do, who you see, where you go, and how you feel.

A **TYPICAL** day with my health conditions



A **DIFFICULT** day with my health conditions



A **GREAT** day with my health conditions



Photo opportunity:
Show us what daily
life is like for you

5. Managing my health

Add things that help you manage your health. You could draw lines between anything that links.

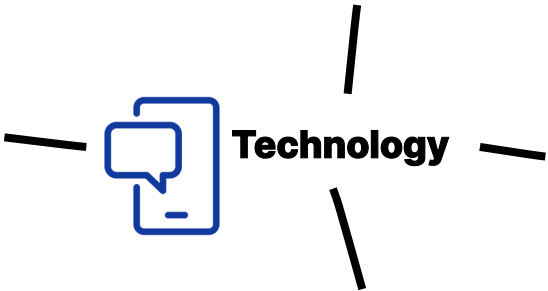
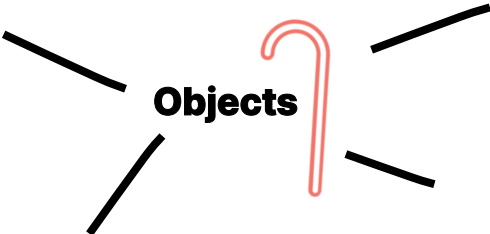
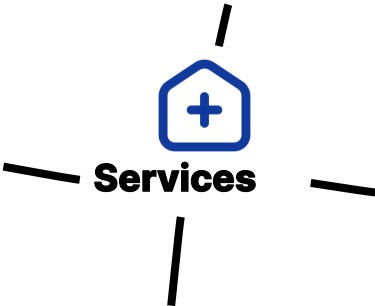
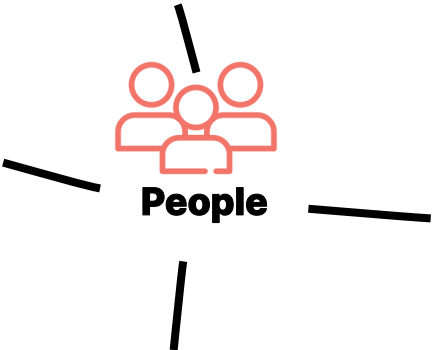
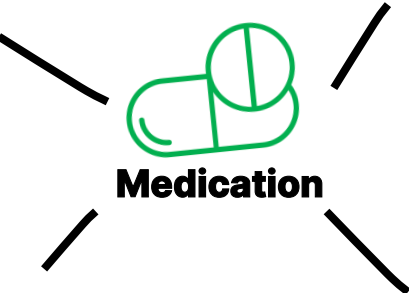


Photo opportunity:
Show us the things
that help you manage
your health

A black icon of a camera. Below it is a grey speech bubble containing the text.

6. Health & care experiences

We want to hear about your experiences of health and care services so they can be improved for everyone. Tells us about any positive or negative experiences that come to mind.

POSITIVE EXPERIENCES

NEGATIVE EXPERIENCES

7. Dreams for living better with multiple health conditions

It doesn't matter if it sounds impossible right now. We want to hear your ideas and think about a brighter future for people with multiple health conditions.

Three cloud-shaped thought bubbles are arranged on a light gray background. The top-left bubble is labeled 'SERVICES' at its bottom-left. The top-right bubble is labeled 'MEDICATION' at its bottom-left. The bottom bubble is wider and labeled 'OBJECTS' at its top-left and 'PEOPLE' at its bottom-right.

A large, single cloud-shaped thought bubble with a thick blue outline, intended for brainstorming ideas. It is labeled 'PLACES' at its top-left and 'TECHNOLOGY' at its bottom-left.

8. Anything else

If there anything else that you would like to tell us about yourself or living with multiple health conditions you can write it here.

Did anyone else help you fill out this book?

Your answers in this book are anonymous. When sharing the results of our research we might talk about some of the things you said. We will use a fake name for this. What would you like the fake name to be?

Thank you!

Thank you for taking the time to tell us your story. We really appreciate it.