**Your Personal Wellness Plan**

**This is a Tool for Sharing Important Information**

Having a sense of who you are and what is important to you will help others understand how to support you as your dementia progresses. This is true for your family and friends as well as for paid caregivers who may help in the future. This Wellness Plan is a tool for explaining to others how they can best help you. It may be most useful during transitions, like when you start working with a new caregiver or when you need to adjust to new settings like a day center, care facility, or hospital.

**Ways to Use this Form**

* Share your story and let others know what is important or meaningful to you
* Identify what helps you be who you want to be and do what you want to do
* Describe things that irritate, upset you, or make you anxious
* Explain how you might show that you feel irritated, tired, or sick without saying it
* Share things that help you feel happy or calm

**Instructions**

We invite you, your family, friends, and caregivers to write down any information that could be helpful. Please do your best to fill out this form if you think it may be useful. Try not to spend too much time thinking about what to write down for each item. It is okay to leave parts of the form blank if you are not sure what to write. Sometimes brief statements, quotes, or bullet points can be more helpful than long explanations, especially for training paid caregivers or facility staff. You may want to revisit this form every year or so to keep it up-to-date. Let your Care Team Navigator know if you have any questions or if you would like help filling out this form.

**For more Information and Ideas:**

* Ways that personal wellness plans are used for mental health and recovery:<http://mentalhealthrecovery.com/wrap-is/>
* Ways that wellness plans are used for hospitalizations: <http://memory.ucsf.edu/caregiving/hospitalization>
* Another wellness plan for persons with dementia from Canada: <http://www.alzheimer.ca/bc/~/media/Files/national/Core-lit-brochures/all_about_me_booklet_e.pdf>
* An example of a wellness plan used for people with autism: <http://odpc.ucsf.edu/sites/odpc.ucsf.edu/files/pdf_docs/FCIC_Health_Passport_Form_Typeable_English.pdf>
* Person-centered philosophies in long term care: <http://www.edenalt.org/about-the-eden-alternative/the-eden-alternative-domains-of-well-being/>