# Care Plan

| **Date Created/Updated:** | **Current Address:** | **Current Phone number:** |
| --- | --- | --- |
| **Emergency Contact #1 (relation)** | **Emergency Contact #2 (relation)** | **Emergency Contact #3 (relation)** |
| **Primary Care Physician** | **Primary Hospital** | **Oncologist** |
|  |  |  |
| **Other’ Specialist:** | **Other’ Specialist:** | **Other’ Specialist:** |
|  |  |  |
| **Dentist** |  |  |

**Medical Coverage: (Take pictures of your health insurance card and insert here)**

### **Risk Management and SafeGuards**

Identify risks to the health/wellbeing, potential triggers, previous responses to triggers, measures in place to minimize risks, and safeguards. Safeguards detail the support needed to keep the person safe from harm and actions to be taken when the health and welfare is at risk.

**Overall physical and mental health**

| Good health looks like: | Define what it means to you |
| --- | --- |
| Poor Health  looks like: | Define what it means to you |
| Triggers for health declining: | Define what it means to you |
| Known responses: | Define what it means to you |

SafeGuards to take when health declines:

| **Stages** | **Looks Like** | **Measures/SafeGuards** |
| --- | --- | --- |
| 1 - Good Health | See above | Describe how you would like this stage handled. |
| 2 - Poor Health | See above | Describe how you would like this stage handled. |

**Systems that shut down as death approaches (1 of 3)**

**Digestive**

| Good health looks like: | Describe how you would like this stage handled. |
| --- | --- |
| Poor Health  looks like: | Describe how you would like this stage handled. |
| Triggers for health declining: | Describe how you would like this stage handled. |
| Prevention Tips | Describe how you would like this stage handled. |

SafeGuards to take when health declines:

| **Stages** | **Looks Like** | **Measures/SafeGuards** |
| --- | --- | --- |
| 1 - Good health | What does this look like to you | None needed |
| 2 - Poor health | What does this look like to you | Describe how you would like this stage handled. |
| 3 - rapidly declining | What does this look like to you | Describe how you would like this stage handled. |

**Systems that shut down as death approaches (2 of 3)**

**Brain/ Mental Health (Functioning)**

| Good health looks like: | Describe how you would like this stage handled. |
| --- | --- |
| Poor Health  looks like: | Describe how you would like this stage handled. |
| Triggers for health declining: | Describe how you would like this stage handled. |
| Known responses: | Describe how you would like this stage handled. |

SafeGuards to take when health declines:

| Stages | Looks Like | Measures/SafeGuards |
| --- | --- | --- |
| 1 - Good Health | What does this look like to you | Describe how you would like this stage handled. |
| 2 - Poor Health | What does this look like to you | Describe how you would like this stage handled. |
| 3 - Declining | What does this look like to you | Describe how you would like this stage handled. |

**Systems that shut down as death approaches: (3 of 3)**

**Kidneys Heart and Lungs**

| Good health looks like: | Describe how you would like this stage handled. |
| --- | --- |
| Poor Health  looks like: | Describe how you would like this stage handled. |
| Triggers for health declining: | Describe how you would like this stage handled. |
| Known responses: | Describe how you would like this stage handled. |

SafeGuards to take when health declines:

| **Stages** | **Looks Like** | **Measures/SafeGuards** |
| --- | --- | --- |
| 1 - Good Health | What does this look like to you | Describe how you would like this stage handled. |
| 2 - Poor Health | What does this look like to you | Describe how you would like this stage handled. |
| 3- Rapid Declining | What does this look like to you | Describe how you would like this stage handled. |

**Medications/Allergies/Past Medical History: List here and/or take pictures from any Patient Portal you may have access to.**