

A care plan is an agreement between you and your health professional to help you manage your health day to day.

By talking about your care plan with your health professional you can say how you want to manage your health and choose what's best for you. The care plan will be based on what you want so you're in control.

Use this space to write down any thoughts, ideas or questions. You can talk about them at your next meeting.

# My Care Plan

Community Children and Young  
People's Service

Your name: .....

Your clinician: .....

Date: .....



**What is my clinician helping me with?**

**How is it going?**

**What have we agreed to do to help me?**

**What next?**