

Problem / Issue

Level of support

Self-manage without support

Self-manage with support from your GP or other healthcare professional

Manage with specialist support

Goals

My Progress: Rating

My Progress: Date

Actions/strategies to achieve your goals

Education

What I will do to self-manage

Shared care plan with support

Problem / Issue

Medications

What I will do to self-manage

Shared care plan with support

Physical therapy and exercise

What I will do to self-manage

Shared care plan with support

Problem / Issue

Lifestyle and nutrition

What I will do to self-manage

Shared care plan with support

Referrals

What I will do to self-manage

Shared care plan with support