

## 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

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## 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

### Care routine (care regime, assistive techniques and equipment)

What I will do to self-manage

Shared care plan with support

## Problem / Issue

### Referrals

What I will do to self-manage

Shared care plan with support