My Plan Preparation - Think

How to get ready for your My Plan

My Plan is your plan. It's about what is important to you, what you want to do now and in the future, and it's about working out how you're going to get to where you want to be in your recovery, your wellness and your quality of life.

The more you are involved in developing your plan, the more you will get out of it.

This information sheet is a guide to help you and your family understand what you can do – and what you can ask of your case manager and other service providers to help you be as informed and as involved in your next My Plan development as you can (or want) to be.

When should I start thinking about My Plan?

Soon after your discharge from hospital, you will begin working with your case manager to set up your community rehabilitation program. After discharge is also the time to start thinking about what to include in your first My Plan.

Once you have commenced the My Plan cycle, you should start to reflect on your goals and services as you near the end of each plan. This reflection is a key element in preparing for your next plan.

You may manage this yourself, or your case manager may remind you that it's time to start thinking about what you'd like to include in your next My Plan.

What should I be thinking about during plan preparation?

There are a few things to consider that reflect on the past and look to the future.

1. Think about how much involvement you'd like in setting your goals and developing your next plan
2. Think about who you'd like to involve in your next plan development.
3. Consider how your previous plan went – did you achieve your goals? Did the services meet your expectations? What progress did you make? How did you go in doing the things you said that you would do?
4. Consider what you might like to do next. Have your aspirations changed? Do you now have a different understanding of your injury that influences what you want to do? Did you achieve some goals, and now you have some "next steps" you'd like to try? Are there new goals you'd like to work towards?

What is available to help me?

You may have a copy of your last My Plan to read through and reflect on. If you don't have a copy, ask your case manager for it.

You may prefer just to look at the Goals Summary Sheet for the previous My Plan - if you don't wish to see the whole plan.

Each of the therapies or services you are involved with will be preparing progress reports. You can ask for a copy of these or talk through your progress with the service provider.

You can use the Plan Preparation Template to help you think about the key aspects of your plan, your progress and your circumstances that might influence what you'd like to include in your next plan. The template is available on the icare website, or your case manager may give you a Plan Preparation prompt sheet which they have tailored to meet your unique needs.

Who can help me?

How involved you get in preparing for and developing your next plan is up to you. You may decide to complete plan preparation independently and take your thoughts to your Plan Development meeting with your case manager.

You may ask for support or input from your family or other people you trust.

If you would like more formal support to guide your reflections and your thinking about the future, you can ask your case manager or another health provider or help.

What else will my case manager be doing during plan preparation?

Because the development of your next plan is done jointly with your case manager, there are some things they will need to do to prepare for Plan Development. This may include:

Providing you with information or resources

- providing you with a reflections prompt sheet to help guide your plan preparation
- providing you with a copy of your previous plan or Goals Summary Sheet
- offering you support to complete your plan preparation

Asking you or others questions

- asking you what level of involvement you would like to have in the development of your next plan
- identifying services or supports which have been engaged for you but were not in the previous plan and ensuring these are considered for the next plan
- collecting and reviewing progress reports from service providers, and perhaps hosting a meeting between all the providers and you

Assessing your needs

- determining if you need support to complete your plan preparation, and if so, from whom
- completing a comprehensive review of the previous plan, the effectiveness of the strategies proposed and identifying any barriers to progress that may need to be addressed in the next plan
- considering their role as your case manager across the last My Plan – are they still required to support you, or have you achieved a level of independence that suggests they are no longer needed?
- using any other forms and tools in the My Plan Toolkit that may assist you. Some examples include:
    - the "meaningful conversations" prompt sheets
    - helping you to develop a 'My Plan to Help Keep Me Safe' or a 'My Plan to Manage My Affairs'
    - using standardised tools such as 'Quality of Life' assessments or 'Health Literacy' assessments to inform their planning approach with you

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