

Managing Health & Chronic Illness Care Discussion Guide

5 Things To Talk About With Your Care Providers

To make a plan for the best possible care.

INFORMATION TO MAKE CHOICES

1. I'd like to understand more about my health or illness and treatment options:

- Here's my understanding of my illness. What am I missing?
- What's ahead? What's the likely path of my illness, possible complications & treatment options?
- I manage my symptoms, pain, medications most days. What are my options to have better days?

MY GOALS

2. I want to discuss my goals and explore the care I want and do not want:

- Let's talk about my condition, care goals & priorities. Here's how things have changed.
- Here's what is most important to me given my values, family, religious and cultural beliefs.
- Here's what frustrates and upsets me; here's what worries me about the future.
- I'd like to prolong my good health and 'quality of life' as long as possible? How do we do that?

MY PLAN

3. Let's discuss my care plan and writing down my choices in planning documents:

- Let's review the plan to get me to my goals. What are your recommendations for next steps?
- I'd like to complete a Health Care Proxy and put it in my medical record. Can you help?
- Can you help me talk to my family/Agent about our plan and what's ahead for me?

KNOW MY CHOICES

4. I'd like to make sure you know my choices and that my medical record is up-to-date:

- At this point in my health, here is the medical care I want and do not want. What are our next steps?
- Let's review my medical record to make sure the documents and notes are up-to-date.
- If I become ill and can not speak to you, how will other doctors access my medical record?

HONOR MY CHOICES

5. I'd like to make sure my care providers honor my choices all through my life:

- In an emergency, what steps can we take to ensure all my doctors will know & honor my choices?
- Can we meet with my family/Agent about talk about everyone's role in honoring my choices?

Managing Health & Chronic Illness Care Discussion Guide are additional questions to go with the basic discussion guide, to talk about your current health and make choices for care. Start with one or more questions that make sense to you, and write down your own questions below to bring to your next appointment.

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Our Mission

Wellness Pathways at GLSS is dedicated to improving the health and quality of life of individuals in our communities. We are committed to building a culture of wellness, where individuals are engaged, educated, and empowered to achieve total health.

Our Team

Muriel Clement, Program Manager – 781-586-8562
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Our Workshops and Programs

• MY LIFE, MY HEALTH: THE CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

Participants (adults of all ages) learn how to manage the effects of ongoing health conditions on a daily basis.

Topics include healthy eating, physical activity, communication with health care providers, and managing stress and pain.

This workshop is also offered in Spanish.

• A MATTER OF BALANCE FALLS PREVENTION WORKSHOP

Participants learn how to address concerns about falling and ways to increase physical activity (exercises are done in the class) in order to prevent falls.

Topics include concerns about falling, decreasing risks of falls, home safety assessment, and communication with family and healthcare providers.

This workshop is also offered in Spanish.

• DIABETES SELF-MANAGEMENT WORKSHOP

Participants (adults of all ages) learn how to manage their diabetes on a daily basis.

Topics include food choices, menu planning, preventing/delaying complications, and communication with healthcare providers.

• HEALTHY EATING FOR SUCCESSFUL LIVING WORKSHOP

Participants learn information about nutrition and how lifestyle changes can promote better health. Exercises are done in the workshop.

Topics include USDA MyPlate, label-reading, portion sizes, and safe exercises for older adults.

• CARE TRANSITIONS INTERVENTION (CTI) PROGRAM

Participants (people age 60 and older and their caregivers) are encouraged to play an active role as they transition from the hospital or rehab facility back to their home. A trained CTI coach provides a home visit and follow-up phone calls.

Topics include medication management; communication with primary care physicians and specialists; creation of an Emergency Health Record; and red flags or warnings of health conditions.

Qualifications for CTI:

A recent hospitalization with one of these conditions: chest pain, chronic obstructive pulmonary disorder, congestive heart failure, deep vein thrombosis, diabetes, heart attack, hip fracture, pneumonia, stroke, or UTI.