Charting the LifeCourse Portfolio: Health Decisions

Name: ____________________________________________  Date: _______________________

What is important TO ME when making health decisions?

What do others think is important FOR ME when making health decisions?

What SUPPORTS do I need to help me with health decisions?

What are specific supports that work well for me and what does not?

How do I learn best?

What helps me stay motivated?

What is the best way to encourage me?

What community assets can I use to help me with health decisions?

Who are people in my life that can help me with health decisions?

What supports am I eligible for that could help me with health decisions?

Eligibility Specific

What technology can I use to help me with health decisions?

What are my assets and strengths that will help me with health decisions?

Who are people in my life that can help me with health decisions?

What community assets can I use to help me with health decisions?

What are specific supports that work well for me and what does not?

How do I learn best?

What helps me stay motivated?

What is the best way to encourage me?
Life Trajectory Worksheet: Health Decisions

WHAT DO I NEED TO MAKE GOOD HEALTH DECISIONS?

What helps me UNDERSTAND my health issues and options?
What helped in the past? What do I need now?

What helps me COMMUNICATE my health preferences, choices, and decisions?
What helped in the past? What do I need now?

What helps me FOLLOW THROUGH on health instructions, programs, or recommendations?
What helped in the past? What do I need now?

WHAT MAKES IT HARD TO MAKE GOOD HEALTH DECISIONS?

What were barriers in the past that made it hard for me to UNDERSTAND, COMMUNICATE, or FOLLOW THROUGH with health decisions, instructions, programs or recommendations?

What needs to happen to avoid barriers that make it hard for me to UNDERSTAND, COMMUNICATE, or FOLLOW THROUGH with health decisions, instructions, programs or recommendations?