



**Wolverhampton  
Diabetes Care**

### **Self-Care with Diabetes- Personalised Care planning**

Diabetes is a chronic complex condition which has implications for many areas of your life and health. Daily self-care will involve a number of key factors such as appropriate and healthy diet, monitoring your health (blood glucose levels, weight, blood pressure etc), taking appropriate medication, and staying active physically. This can pose a number of challenges the first and foremost being an understanding of where you are currently and how you can help yourself.

You should expect an open honest consultation with your specialist team which encompasses the key principles of diabetes care the main summary of which can be found in the document "**What care to expect?**" There is a lot of evidence that supports the premise that successful management of a long term health condition such as diabetes can only happen with the complete involvement of the person at the centre – the person with the long term condition. Planning care for a chronic condition such as diabetes should be about partnership working and reviewing YOUR DIABETES CARE WITH YOU (the patient) rather than being aimed AT YOU. At the end of a consultation you should take away a care plan in which you have participated 100% and which contains information that helps answer the questions-

- Where am I with regards to my diabetes?
- Where do I want to be?
- How can I get there?

Please see a **sample personalised care plan** document which outlines the different domains of diabetes care planning which should be covered in your interactions with your specialist team at least once a year and whenever there are major changes in your personal circumstances and health.

**Work in partnership with us and make a combined personalised care plan.**

**TAKE CHARGE OF YOUR DIABETES, HEALTH AND LIFE NOW!! SPEAK TO A MEMBER OF YOUR SPECIALIST TEAM.**

#### **For patients:**

<http://www.diabetesselfcare.org/self-care-behaviors/overview/>

<https://careplan.nhslocal.nhs.uk/about/faq>

[How to prepare for your consultation.docx](#)