

WHEN YOU INCLUDE ME in my loved one's care plan



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“I feel valued and heard, involved, informed, prepared and better able to COPE.”

Brenda

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“I **feel** respected and valued and more able to deal with my loved one’s illness.”

Anonymous

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“I **feel** that my loved one is getting better care.”

Marilyn

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“I **feel** that we will have a much better chance of a successful outcome!”

Jane

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“I **feel** like I am part of helping in safety planning.”

Anonymous

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“I **feel** respected valued and appreciated. I do not feel so alone and lost.”

Linda

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“I feel afraid. I have never been asked and don’t know what is expected of me.

I’d probably want to cry out of pride; to see my daughter or son make plans and make decisions about their lives. That’s something I’ve not seen much of because they have been “stagnant” within their lives.”

Anonymous

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“**I feel** like this will increase the effectiveness of their care plan.

It will help them feel less isolated but I may also feel overwhelmed at first or might seem uncomfortable with the conversation. That doesn't mean I don't want to be included. I may not understand. I may be processing what was said.”

Anonymous

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“I feel like I am being heard and that my questions, concerns and input are taken into consideration when creating the care plan.

My knowledge and experience with my loved one has value. I can share with you their likes and dislikes, their strengths and weaknesses, the things that may set them off and things that comfort and reassure them, possibly even their learning styles (based on academic styles).”

Julianne

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“I feel very hopeful.

Sometimes I wonder if my loved one shares the whole story of what is going on, in the grand scheme of things. I don't often feel that she is getting the help she needs or the right level of direction to move forward. If I or other family members were able to take part in her care plan, we could all talk openly and honestly about things that have happened (or continue to happen) and find ways to work through it together. Everyone copes with hurt in different ways and having a shared direction or understanding would help.

I would be very happy to be part of my loved one's care plan and would work very hard to get the help and support we all need.”

A.



Changing CARE: Embrace is an initiative of Cornwall Hospital's Community Addiction and Mental Health Centre and Cornwall & District Family Support Group. Learn more at www.cornwallhospital/en/embrace. Follow us on Twitter @CaregiversSDG. Find us on Facebook @EmbraceCaregivers.