

## What is a Shared Personalised Care Plan?

- A shared care plan is a written plan which details the goals agreed upon by you and your health professionals, and what needs to be done to achieve them.
- You and the health staff working with you share access to your care plan.
- Your care plan is held on a secure and confidential internet site.
- It is available to those involved in your care, wherever you are and whenever you need it.
- All health professionals are bound by a professional code of conduct, the district health board confidentiality policies and the law relating to privacy - this means that information can only be collected and used when you are receiving care and treatment.

## Why would I have a personalised care plan?

- Having a personalised care plan enables you and the health professionals working with you to plan and set goals for your treatment, it enables everyone to be on the same page.



- If you need care in a service outside of mental health services, other services, such as the Emergency Department, will have some of the information to help them to provide the best care for you.
- You can choose what information is in the care plan. If you have concerns about sensitive information please discuss this

with your health professional who will work with you to decide what is shared in the plan.

- If you have any concerns about having a shared personalised care plan please discuss it with your health professional.

## Why are we using personalised care plans?

- Community Mental Health Services consider that the best way forward is always for service users and staff to work together and agree on the treatment provided.
- Community Mental Health Services recognise that each service user is unique and vital in facilitating their own recovery.
- Your GP may be providing some health care services for you, for example if you have some physical health challenges. The personalised care plan will give them the correct information and enable them to know who else is involved in your care.

- If you have ongoing treatment for a long term medical condition your mental health professional can talk with you about sharing the care plan with other health professionals who are caring for your physical needs, for example the diabetic clinic nurse.
- If a health professional working with you is away from work unexpectedly, due to sickness for example, it means that the rest of the team are able to provide a service for you, sticking to the same plan already agreed.



## CLIENT PORTAL

If you have internet access your key worker will set up access to the Shared Care portal so you can go online and:

- View your care plan
- Give access to family or other people you choose to also view your care plan
- Receive email reminders about things you have agreed to do
- Be aware of which health professionals have accessed your care plan

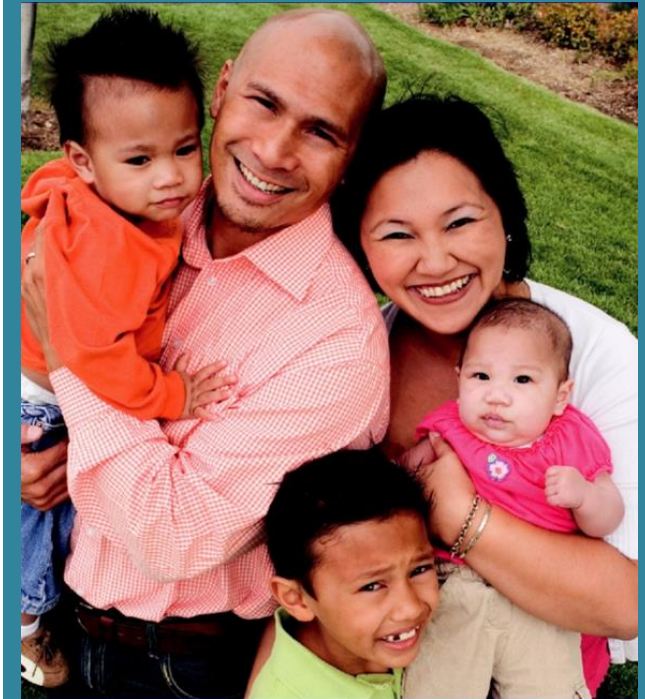
### Where can I get more information?

The shared care website has a lot of useful information:

<http://www.sharedcareplan.co.nz/HealthcareConsumer.aspx>

Alternatively you can email any questions to: [sharedcare@healthalliance.co.nz](mailto:sharedcare@healthalliance.co.nz)

or call: **0800 268 626**



Information about the  
**Personalised Shared Care Plan**  
**Adult Community Mental Health**  
**Services**  
**Auckland District Health Board**

