

Self Care



**Bradford's seven
Self Care questions
to include in all
conversations . . .**

- 1 **What's important for me?**
- 2 **What's important for my health?**
- 3 **What can I do to help myself?**
- 4 **Do I know what to do if I get stuck?**
- 5 **What support do I need from others?**
- 6 **What skills do I need to keep well?**
- 7 **Do I have the information/knowledge about my condition, how it affects me, now and in the future?**



Shared Decision Making

We are encouraging the development of new relationships between patients, carers and clinicians, where you work together, in equal partnership, to make decisions and agree a care plan.

Take to your doctor and discuss the following...

- 1 **What's expected from investigation and/or treatment of my condition?**
- 2 **Have I got all the information I need to consider the various options?**
- 3 **Thinking about this decision, what is the most important aspect I need to consider?**
- 4 **Aspects of management (eg, tests, drugs, procedures or surgery) that I'm most concerned about.**
- 5 **How do the benefits of the various options compare? And how do the risks compare?**
- 6 **Who else do I need to talk to, to make this decision?**