

Excellent health and care for  
everyone, everywhere, every time.



## Island Health Integrated Community Services: My Health Plan and Collaborative Care Planning

Island Health's Integrated Community Services support collaborative care planning with their clients. [My Health Plan](#) is a document which supports the notion that when people are part of their own health plan, they are more likely to succeed.

Working with their health care professionals, clients develop a plan for their health (My Health Plan) which identifies their primary focus and builds on their own personal strengths. It explores the actions they want to take, how they will achieve those actions and what they can do if they hit road-blocks. It gives clients a plan they can "buy into" and also helps their health care team understand what the clients want to achieve, instead of providing the clients with a list of things that they want them to achieve.

My Health Plan is written in the clients' voice in consultation with the community health care team. It is left in the home, reviewed and updated on a regular basis with the client and the care team. My Health Plan promotes effective communication between clients and their health care team. This can often have a powerful effect on clients, providing a more positive view of the future by empowering clients to participate in decision making, learning communication skills & making action plans for the future.

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