

Supporting You To Be Healthy & Safe

The Best Possible Health planning approach includes:

- A Best Possible Health Policy
- Guidelines for Staff on Carrying out a Best Possible Health Assessment
- A Best Possible Health Plan
- Information for people receiving a service
- Information & Training for staff
- A Risk Management Plan (if required)
- An annual review and audit

If you want further information about Best Possible Health you can contact:

Your Service Manager / Clinical Leader in your service



Best Possible Health Information

Cheshire Ireland has developed a new approach to planning with you to help you stay in the best possible health. Cheshire Ireland staff will be able to support you to manage your own health, lead a healthy lifestyle and access health services that you may need.

Your health plan will be developed by you and a Senior Care Worker or nursing staff member that you know and trust. You may also want a family member, friend, supporter or advocate to be present. The plan will be directed and defined by you and will take into account your physical and emotional wellbeing.

Taking part in this health planning process is your choice and you can choose how much information you wish to share. The information gathered in your health plan will be managed confidentially and you can decide who has access to your health plan.

What's in it for me?

- Improved physical and emotional wellbeing
- More control over health related decisions
- Access to better health care options
- Learning about healthy lifestyles
- Access to information about health/medical issues
- Non-judgmental, safe and individual health planning process

These are some of the areas you can explore when you are developing your health plan:

- How I choose my own health care providers (doctor, dentist, physio etc.)
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- How I be provided with understandable information about my health, my medications and my treatments
- How I will get the support I need to ensure that I take my medications
- How I get routine regular and comprehensive medical check-up which will provide early prevention, detection, and treatment
- How I have health care assessments for specialized care e.g. managing seizures, dysphasia, mental health concerns
- How I describe the health care support I need, how this is followed up; how effective this is and how my health care support is reviewed.

Your Best Possible Health Plan will help promote continuity of support between the care provided by Cheshire and community health care providers.