



**Cumbria, Northumberland,  
Tyne and Wear**  
NHS Foundation Trust

# My Care Plan

Community Children and Young  
People's Service



Caring | Discovering | Growing | **Together**

**What is my clinician helping me with?**

**What have we agreed to do to help me?**

**How is it going?**

**What next?**

A care plan is an agreement between you and your health professional to help you manage your health day to day.

By talking about your care plan with your health professional you can say how you want to manage your health and choose what's best for you. The care plan will be based on what you want so you're in control.

Use this space to write down any thoughts, ideas or questions. You can talk about them at your next meeting.

**Your name:** .....

**Your clinician:** .....

**Date:** .....