

Name:

Date

TR Be Healthy (STEP 1 PLUS)

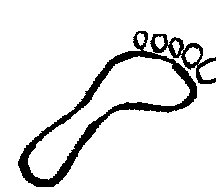


Be Healthy - TENANCY READY

Step 1 - Awareness



Knowledge = I Know	☑/SF	Skills = I can	☑/SF
Physical Health			
<p>I know about my physical health <i>Guidance 7</i> What does physical health mean to me?</p>		<p>I recognise that looking after my physical health could help improve my life How could it help me?</p> <p>What difference would it make?</p>	



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Looking after myself

I know I need to look after my mental health and/or drug and alcohol issues

What are my issues?

What kind of help do I need?

I can see how using the help available to me, could help improve my life

How could it improve my quality of life?

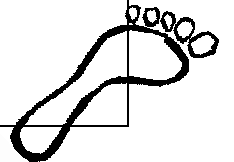
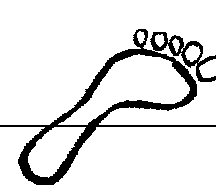
Primary Care

I know what Primary Care is - *Guidance 1*

What is Primary Care?

I understand that using Primary care services could improve the quality of my life

How could it help me?



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Services available to me

I know there are mental health, drugs and alcohol services available

What are they?

Give some examples:

I understand that using these services could help me cope with or improve my situation

How could they help me?

Making and Keeping Appointments

I know I may need to make and keep appointments

Guidance 4

Why is it important to make and keep them?

I recognise the importance of making and keeping appointments, and that I may need help with this

What appointments would I need to make?

Who could help me?

How could this improve my quality of life?



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lab="Cancelling and re-arranging appointments" style="background-color: #92d050; padding: 5px; text-align: center;">Cancelling and re-arranging appointments

I know I may need to cancel or re-arrange appointments -

Guidance 5

Why would I need to cancel or re-arrange?

Why is it important to do this?

I understand why cancelling or re-arranging appointments is important, and that I may need help with this

Who could help me?

How could this improve my quality of life?



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Medication

I know what medication I take, and when it needs sorting out - *Guidance 6*

What medication do I take?

When do I need to sort it out?

What do I need to do?

I understand that being in control of my medication can help improve my quality of life

How can I stay in control of it?

How could this help improve my life?



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How I want to be supported when unwell

I know how I want to be supported when I am unwell

Guidance 9

How do I want to be treated?

I understand why people need to know how I want to be supported when I'm unwell, and how this could help me

How could this help?

Who do I need to tell?

How do I tell them?

Who could help me?



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Managing my tenancy when unwell

I know that I could lose my tenancy through being unwell

Guidance 10

What could make this happen?

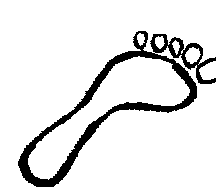
Why might I lose my tenancy?

I recognise that when I am unwell I need to have a plan in place to maintain my tenancy

How might I become unwell, and how could this cause me a problem?

How could having a plan in place, help me?

What difference could it make?



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Guidance

- 1 - Primary Care is a GP, Health Centre (Nurse), Dentist, Optician, Chiropodist, NHS Direct
- 2 - Assistive Technologies are things like: panic alarms, hearing loop, computer/internet assistance, Adaptations are things like ramps, grab rails, raised toilet seats etc.
- 3 - This may include counselling, GP, friends, relatives, support groups, alternative therapies, spiritual support.
- 4 - Using phone book/own phone skills to make an appointment, being organised etc.
- 5 - Consider the consequences of your actions (being fined etc)
- 6 - This could be re-ordering/going for a depot/being in for a delivery/going to chemist/checking meds are correct (too much/not enough), needing a review of medication etc.
- 7 - This includes going to your Doctor, the hospital, dentist, chiropodist, optician etc.
- 8 - This includes what you eat and exercise you do.
- 9 - This could be withdrawing from alcohol or drugs.
- 10 - Unwell due to poor mental health, drug and alcohol relapse, family breakdown, crime or other issues where I need support



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I agree that this evidence has been checked and approved as complete for: • Step 1 - Be Healthy	Date:	Support Worker:
	Date:	Manager:

If the evidence is not sufficient, please state why, or give any further comments:

