



A Shared Understanding

Introduction

Admission to hospital can be a difficult time for anyone and we would like to know more about you to make this go as smoothly as possible. We will find out more about you as we get to know you, but for now we'd like to know what you think about your admission and what you understand about being in a secure hospital.

What's it all about?

We'd like to know the most important things about you, what events led up to your admission to hospital, what you think about your mental health and how you're feeling now. We also want to know what you think your needs are right now and what you want to know about what happens next. As well as this we want to start thinking about the future and look at the skills for living that you have now and the ones you might need in the future.

We will tell you about the Patient Portfolio and discuss how this and other parts of My Shared Pathway will work. We will also explain to you how we will assess your progress using My Outcomes, Plans and Progress and the other ways we'll monitor how you're doing. Some of these things can seem very complicated, but we will try to explain them as fully as possible so you understand what it is we need to know about you.

How to use this Pathway Resource Book

You may find it useful to answer all the questions in this Book, or it may be that you just want to answer some of them. Whichever way you choose to use them, we hope that you'll be able to use the questions that are important to you as the basis for a discussion with your clinical team.

My Outcomes, Plans and Progress

One of the ways your progress will be followed is called My Outcomes, Plans and Progress. This is something that will also be used to help decide when you can move out of hospital altogether. In this part of My Shared Pathway, we'll be looking at your outcomes in the My Outcomes sections. An 'outcome' is something that tells us how you are doing in a particular area of your life, such as your mental health recovery, and helps us know how your treatment in hospital is going.

My Outcomes, Plans and Progress includes a collection of these outcomes that covers the areas important to your progress in hospital and what you need to achieve to be

discharged. Each of these areas is described in the different sections of My Outcomes, Plans and Progress. All the My Shared Pathway Resource Books will help you and your clinical team gather enough information to measure your outcomes in each of the areas of My Outcomes, Plans and Progress. This will help your clinical team form an opinion about how your treatment is progressing and how close you are to moving out of hospital.

This **Pathway Resource Book – A Shared Understanding** and the first Pathway Step ‘Where am I now?’ from each of the other four Pathway Resource Books contribute to all the areas of My Outcomes, Plans and Progress and will help decide your first My Outcomes measurement.

What next?

After you’ve worked through this Pathway Resource Book go to My Outcomes, Plans and Progress and look at the Pathway Pointers and My Outcomes sections. Someone will help you decide where you are now and help make plans with you for the future.

The Buddy System

It may help for you to get to know someone who has been through this process and who can tell you about how the system works. There is so much to find out when you are admitted to hospital and it may help to have another service user to discuss anything which you don’t understand. You can ask us anytime if you’d like to meet someone you can do this with.

Why am I here?

Why have I been admitted to hospital?

What have other people told me are the reasons I'm here?

Do you agree with them?

What does it mean to be in a 'secure' hospital?

Has anyone told you what this means?

What does it mean to be 'sectioned'?

Has anyone told you what this means?

How do I move through the secure hospital system?

Has anyone explained this to you?

Do I know what my rights are now?

Has anyone explained this to you?

How do I leave hospital?

Has anyone explained this to you?

The Story So Far...

What has my life been like up to now?

Tell your story in as much detail as possible, using a Timeline if that helps.

What are the most important things that have happened to me?

Think of all the big things that have happened in your life.

What are the most important things people should know about me?

Tell us what you'd most like us to know.

What events led to my admission to hospital?

Describe these events in as much detail as possible, using a Timeline if that helps.

Who are the most important people in my life?

Who means the most to you now?

Who knows the most about me?

Who are you closest to now?

My Health

What has my mental health been like throughout my life and just before I came into hospital?
Tell us what your mental health problems have been.

How do I know when I'm unwell?
Tell us what happens to you when you become unwell.

What treatment am I on now?
Tell us what medication and other therapy you have now.

What do I think about the treatment I am on now?
Is your treatment helping you?

What treatment have I had in the past?
Think of all the different medication and therapy you have tried.

What treatment works best for me?
Tell us what has helped you most.

What has my physical health been like?

Tell us about your other health problems and what treatment you have had for these.

What are my disabilities, if I have any?

What are my communication needs?

Tell us how these affect your life and what help and support you need for them.

My Life Skills

What are the things that I'm good at and enjoy doing?

Tell us about your hobbies and interests.

What do I really dislike doing?

Tell us what you really don't like having to do.

What skills have I got?

Use this table to tell us about the things you are good at and the things you want to improve or still need help with.

You can add those skills you want to maintain, develop or improve to the My Life Skills part of My Outcomes, Plans and Progress.

My Skills	Good skills – want to keep these up	Not so good – want to improve	Want to add to My Outcomes, Plans and Progress
Staying independent – looking after my home, shopping, cooking, cleaning, staying safe			
Structuring my time – having a routine and getting things done			
Money management – bank accounts, budgeting, bank cards, getting cash out			
Sorting out benefits – making a claim, knowing what I should get			
Medical matters – accessing my GP, my community team and other support			
Keeping in contact with family and friends			
Using technology – computers, internet, MP3 players, cash machines			
Transport – using buses, trains, using timetables, knowing my way around			

How much learning or education have I done?

Tell us about any courses you've done or qualifications you have.

What work have I done in the past?

Tell us about any jobs you've had or volunteering you've done.

What would I most like to learn or study?

Tell us about any qualifications you'd like to get.

What jobs or volunteering would I like to do in the future?

Looking After My Future

What help did I need where I was living before?

Did you live on your own or with other people? Did you need any help with anything?

What were the things I found most difficult about life outside hospital?

Tell us what you needed help with.

What are my plans for the future after I leave hospital?

Tell us about where you'd like to live and what your hopes are for the future.

How do I want to spend my time when I leave hospital?

Tell us about your plans for the future.

What help will I need when I leave hospital?

Tell us what you think you'll find most difficult about leaving hospital and living in the community again.

What skills will I need to learn?

Think about the skills you still need to learn from the table above. Use the My Life Skills part of My Outcomes, Plans and Progress to set your goals and make your plans.

Who will be there to support me when I leave?

Tell us who you'd like to be there for you.

How am I doing right now?



What are my thoughts and feelings about my admission?

Try to tell us what you're thinking right now.

What would help me to feel better?

Try to think of what would make a difference to how you're feeling.

Would it help me to have someone in a similar position to talk to?

Would you like another patient to talk to about coming into hospital?

What do I need right now?

What do I need right now to help me settle in?

Tell us all the things you need right now.

Who do I want to talk to?

Is there anyone you'd like to talk to right now?

What treatment do I think I need?

Tell us what you think would help you right now.

What happens next?

What is going to happen to me now?

Ask us any questions you have about what happens now, for example, 'What treatment am I going to receive?', 'How long am I going to be in hospital?'

What are my immediate goals?

Think about what you want to achieve right now.

What does my Shared Pathway look like?

We will explain the areas the Shared Pathway covers.

Who is going to work on my Shared Pathway with me?

We will introduce you to the people who will work with you on your Shared Pathway.

How will I know how I am doing?

We will discuss with you the different ways we will monitor your progress, such as with My Outcomes, Plans and Progress.

Additional Pages



