



How we build our Living Well plans

In the course you will produce a plan for Living Well. The first part will draw on your own experience plus your growing knowledge of the medical side of bipolar disorder.

The second part of your Living Well plan deals with the things you can do that will improve your bipolar health, your general health and your enjoyment of life, including maintaining health and a healthy lifestyle, working towards life goals. When put together, the whole comprises your Living Well plan.

A template is given on the following pages. Print these out and start thinking about what your plan will look like.



Living Well Plan with Hints

Use the hints here to complete your own Living Well Plan.

Your name..... Date of plan (month, year).....

Section in the Living Well Plan	Comments and examples
Medicines Name, dose, when taken	Diagnosis: E.g. Major Depression, Bipolar Type II etc
Triggers	Safety Catches. What can you do to avoid or minimise each trigger?



Section in the Living Well Plan	Comments and examples
<p>Early Warning Signs (examples)</p> <p>Can't decide what to have for lunch</p> <p>Yelling at kids more nastily than usual</p> <p>Trouble getting to sleep</p> <p>I stop reading</p> <p>More than one Early Warning Sign?</p>	<p>Brakes (examples)</p> <p>Check if there are other signs of depression. Ring doctor.</p> <p>Have some time out; apologise to the kids. Ring the doctor</p> <p>Stick to a bed-time routine, do something quiet before bed, use natural sedative. Ring doctor.</p> <p>Don't push myself to get anything much done. Ring the doctor.</p> <p>Ring the Doctor</p>

Section in the Living Well Plan	Comments and examples
<p>Major Alert Signs (examples)</p> <p>Drinking lots more than usual</p> <p>Calling child protection about my kids</p> <p>Talks so fast & intensely</p>	<p>Safety Nets (example)</p> <p>The supporter has the authority to put safety nets in place.</p>



Section in the Living Well Plan	Comments and examples
Detailed instructions	<ul style="list-style-type: none"> • Crisis, hospitalisation • Dependents (children, aged, etc) • Preferences • Nominate a crisis-leader and liaison person (often the supporter) • Other, e.g. arrangements for your pets, mail, business, bills etc • List of contact phone numbers for anyone who is involved in the crisis response of a Safety Net (see last page)

Section in the Living Well Plan	Comments and examples
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Section in the Living Well Plan	Comments and examples
<p>What to do in an emergency</p>	<p>Detailed instructions for supporter or other person who has the authority to try to get you into hospital or other emergency treatment. (examples)</p> <p>Ring CAT team, hospital or psychiatrist</p> <p>Tell them what you have observed</p> <p>Follow instructions.</p>
<p>Collateral Damage</p>	<p>Bull Bars for protection</p> <p>What plans do you have to limit bipolar's damage on work, education, accommodation, money, relationships, children etc?</p>



Section in the Living Well Plan	Comments and examples
<p>Carriage maintenance</p> <ul style="list-style-type: none"> • Waking time • Bed time • Exercise • Weekly activities • Omega 3 • General health checkup 	<p>Routines, (examples)</p> <p>7am</p> <p>10pm</p> <p>Half hour walk at 5.30pm</p> <p>Tennis, coffee with friend, wash car</p> <p>Buy a month's supply when getting prescription medicine.</p> <p>Booked in for (date)</p>

Section in the Living Well Plan	Comments and examples
<p>Roller-coaster Navigation</p>	<p>What I intend for my life – think of career, home life, interests, hobbies, sport, religion if relevant, financial goals etc.</p>

