



Create a Backwards Plan: Instructional Guide

The purpose of backwards planning is to develop a care plan based off patient priorities. The cards help highlight different health goals. The board will help patients organize their health goals according to what they deem as important.

- Domain cards placed in the top left square represent items of high priority.
- Domain cards placed in the top right or bottom left square represent items of lower priority. These squares offer an opportunity to openly discuss *why* a patient feels they are of lesser importance.
- Domain cards placed in the bottom right square most likely represent items the patient has managed well in the past. This square offers an opportunity to highlight past accomplishments and/or progress.

Preparation

- Print domain cards on cardstock
 - Left column: Domain names - front of card
 - Right column: possible prompts - back of card
- Cut out each domain name and prompts (cut across each domain– not down the center)
 - Fold cards in half
 - Tape/staple to secure
- Print board on cardstock

Activity

- 1) Take out cards and board and explain their purpose.
- 2) Read through each domain card with the patient (use prompts on back if you need a conversation starter).
- 3) Have the patient place domain cards in the squares that corresponds to the domain's importance. Example: need to work on now vs. need to work on later.
- 4) Develop care plan based off domain card titles and placement on board.

	RIGHT NOW	LATER
NEED TO WORK ON		
DONT NEED TO WORK ON		



<p>Get a job and/or go back to work</p> <p>(Education & Employment)</p>	<ul style="list-style-type: none">● Have spending money● Get an education● Work hard at a job I like
<p>Have medical equipment & medication</p> <p>(Medication & Equipment Support)</p>	<ul style="list-style-type: none">● Find medications that work for me● Get medical equipment that will help me manage my conditions
<p>Legal issues</p> <p>(Legal Assistance)</p>	<ul style="list-style-type: none">● Stay out of jail● Get help with a legal issue I am facing● Get a lawyer



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<p>Talk to someone about my mental health</p> <p>(Mental Health Support)</p>	<ul style="list-style-type: none">● To feel better about myself● To have more energy and motivation● Have fun and not worry all the time
<p>Have transportation</p> <p>(Transportation Support)</p>	<ul style="list-style-type: none">● Find ways to get to and from medical appointments● Not have to rely on others to get places
<p>Have a better living situation</p> <p>(Housing Support)</p>	<ul style="list-style-type: none">● Have a safe place to live● Make improvements to where I stay● Find housing I qualify for



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<p>Have a better relationship with my doctors & nurses</p> <p>(Provider Relationship)</p>	<ul style="list-style-type: none">● Feel at ease in my health care providers office● Feel comfortable telling my provider when I don't understand something they say
<p>Learn more about</p> <p>_____</p> <p>(COPD, Diabetes, etc...)</p> <p>(Health Management)</p>	<ul style="list-style-type: none">● Better control my pain● Learn more about managing my health on a day-to-day basis● Be physically fit
<p>See if I qualify for insurance and other government programs</p> <p>(Benefits & Entitlements)</p>	<ul style="list-style-type: none">● Apply for assistance● Apply for health insurance● Figure out if I qualify for additional income



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<p>Help people in my community</p> <p>(Advocacy & Activism)</p>	<ul style="list-style-type: none">● Get involved with/organize a local interest group● Let people know about issues happening in our community● Use my story to raise awareness
<p>Identification</p> <p>(ID Support)</p>	<ul style="list-style-type: none">● Get a photo ID● Get a driver's license● Get a social security card● Get a birth certificate● Get proof of income
<p>Have support</p> <p>(Family, Personal, & Peer Support)</p>	<ul style="list-style-type: none">● Socialize with friends and family● Find a good friend● Feel like my life matters to someone else



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**Talk to someone about my
drug or alcohol use**

**(Addiction, Assessment,
&Connection)**

- Learn more about how a drug or alcohol I use affects my chronic condition
- Find someone I can talk to about my alcohol or drug use

Food & Nutrition

- Get access to healthy food
- Eat better
- Learn how to cook healthy food



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