



DARK SIDE OF MEDICINE

MY LIFE SERIES • ML-00

WELCOME TO MY LIFE

My Life is a personal resource to help you keep the important information about your life, health and care in one place.

It brings together your story, your experiences, your health information and the people and plans that support you.

This resource is for you. It belongs to you. You decide what to include, how to use it and who to share it with.

PHOTO GOES HERE

This might be a picture of you,
something that is important to you,
or a place that means something to you.



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HOW TO USE MY LIFE

My Life is designed to be practical, flexible and easy to keep up to date.

1. USE THE RING-BINDER APPROACH

Print the resources you need and keep them in a ring binder or lever arch file.

- This lets you add, remove or update pages easily.
- You can rearrange sections as your needs change.
- Add dividers if that helps you find things quickly.

2. ADD OTHER DOCUMENTS

Include letters and reports, test results, hospital discharge summaries, assessment reports and other information that adds to your story.
Keep originals where possible.

3. ADD CARE PLANS AND SUPPORT PLANS

Include your care plan, support plan or treatment plan.

- Keep the most up-to-date version.
- Replace it when your plan changes.

4. KEEP IT WITH YOU WHEN USEFUL

Take your My Life binder to appointments, hospital visits or meetings if it helps.

- It can help you share information clearly.

5. YOUR INFORMATION - YOUR CHOICE

You decide what to include and who to share it with.

- Your story. Your information. Your life.
- You are in control.



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You may use them for yourself, for your child or for someone you are caring for.

YOU MAY

- ✓ Print as many copies as you need for your own use.
- ✓ Use the resources in your personal binder or file.
- ✓ Share printed copies with your healthcare team if that helps your care.

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