



My Support Network



What is My Support Network?

My Support Network helps me to receive the best care possible. It shows the support I receive and helps ensure I am getting all the help I need. Are you a professional, carer, volunteer, family member or friend? If so, please put your details in the attached table, then I know who you are and how to contact you.

 My GP Surgery is:			
 Independent living aids: (please tick which of these I have)	Yes	No	Awaiting (Date ordered)
Key Safe			
Careline			
Meal Delivery			
Green message in a bottle (this is kept in my fridge)			

Please scan the QR code for more information and printable copies and extra contact sheets.



My Support Network



Document guidelines

1. Please do not remove My Support Network from my property.
2. Please make sure My Support Network is kept in a safe place preferably in a yellow folder and is always put back from where it was found.
3. My Support Network is confidential and must not be shared.
4. Adding your information is voluntary. By adding your details, people supporting me, may contact you if necessary. **Data Protection: By adding your details you give permission to share this information with relevant support providers, but I have no control over where this may be shared or used in the event this document is lost or stolen.**
5. You only need to complete this once but tell me or update the contact details within this form if your involvement changes.
6. After completing, please read back what you have written to me.

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Name	Relationship	Job title and organisation (if applicable)	Contact details

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image: Flaticon.com

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