

COLLABORATIVE CARE PLAN

Research suggests that problem-solving and creating a goal and a feasible action plan improves outcomes. Be prepared to discuss the following questions with your doctor or other health care provider during your visit.

Can you think of a goal to improve your health? We want to help you. List it here.

What are some different ways you can accomplish your goal? List anything that comes to mind.

Pick one activity and list it below. Make it feasible.

Can you be more specific about this activity?

How often will you do this activity?

When will you do this activity?

What barriers might prevent you from reaching your goal?

How would you rate your confidence where 1 is the lowest chance of success and 10 is a sure thing?

What can you do to increase your confidence? How can we help you?