



## The Intervention Plan: An Important Agreement!

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_

### What is an intervention plan?

Your intervention plan is the agreement between you and your health care professional. You will create your plan together by filling out a specific form.

The intervention plan is a tool that you will both use to:

- Identify your needs;
- Identify your health and wellness goals and how you want to meet them.

### The intervention plan is made for you and with you!

By creating it together, we can make sure we are prioritizing the right actions to meet your needs and life goals.

### The benefits of an intervention plan

- Develops a shared understanding of your situation.
- Directs care and services toward your priorities based on your strengths and vulnerabilities.
- Clarifies your expectations and those of your health care professional.
- Helps everyone work together toward common goals.
- Lets your health care professional better work with you.

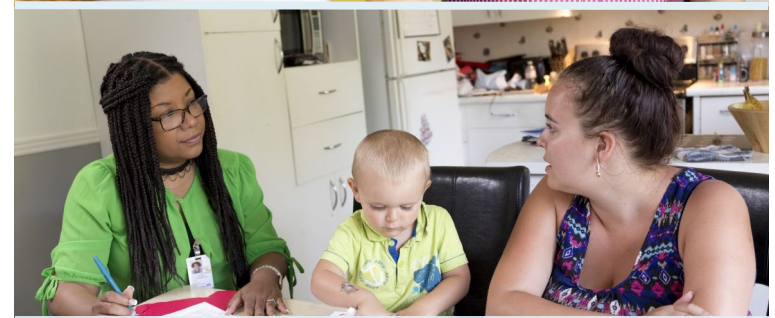
### The joint meeting to build your intervention plan

#### Different people can attend this meeting

- Your relatives or a representative, if you wish.
- Your health care professional: this person could be your educator, occupational therapist, nurse, psycho-educator or social worker.

#### How to prepare for your meeting

- The questions on the back of this brochure will help you think about your life goals and expectations. Answering these questions will make it easier for you to communicate this information at your intervention plan meeting so that you can determine the goals and actions that resonate with you.
- Ask your health care provider to suggest any documents that you should read to help you prepare for the meeting.
- Write down your questions so that you can discuss them at the meeting.
- Feel free to invite a relative to the meeting.



**“Nothing about me, without me”**

## Questions to help you prepare for your meeting

What are you most concerned about right now? What are your challenges?

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What is most important in your life right now?

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What are your expectations or goals for your health and well-being? (These expectations can be for the short, medium or long term.)

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What strengths can help you achieve these goals?

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What kind of support would you like from your health care provider, from external partners, and from your relatives?

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Would you like to address any other issues or questions?

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Multidisciplinary Services Department  
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