

# About My Care Board

## What is the My Care Board?

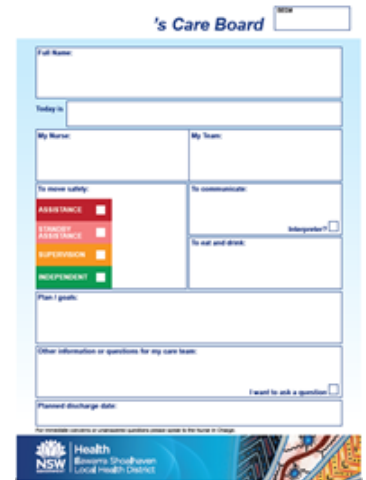
It is a board near your bed that you, your health team, your family or carer can communicate with each other.

This will help your health team better understand what is important to you. We can then work together to create a care plan that is easy to understand, safe and meets your health care needs.

## Who can write on the board?

You, your family, carer and your health care team.

**You decide which members of your family can write on the board.**



The screenshot shows a digital interface for a 'My Care Board'. At the top, there is a field for the patient's name and a 'Date' field. Below this is a 'Today is' field. The main area is divided into two columns: 'My Nurse' and 'My Team'. Under 'My Nurse', there are four colored boxes representing different care goals: 'ASSISTANCE' (red), 'COMFORT' (orange), 'SUPPORTIVE' (yellow), and 'INDEPENDENT' (green). To the right of these boxes are checkboxes for 'To communicate' and 'To eat and drink'. Below the columns is a 'Plan goals' section with a text input field. At the bottom, there is a section for 'Other information or questions for my care team' and a 'Forward discharge date' field. The interface is branded with the NSW Government and Health Illawarra Shoalhaven Local Health District logos.

## What can I write on my care board?

- Anything you think would help us care for you safely.
- Any questions or comments you have. Write them down as you think of them.

## What should not be written on the board?

- Information that you think is private, sensitive or confidential.
- Any information that offends staff or other patients.
- Any information that you disagree with.
- You can ask for any private, sensitive or confidential information to be removed.

## What if I do not want to use the board?

- That's fine. We will let staff know of your wishes. However, some things need to stay on the board for your safety. Your health team are happy to explain to you why.

## What happens to my questions?

- Every shift the nurse on duty checks your board. They look at your question(s) and find the right person to answer them.
- If you feel your questions are not answered, please ask to speak to the Nurse Unit Manager.

If you have any concerns about your care, please speak to your nurse straight away.

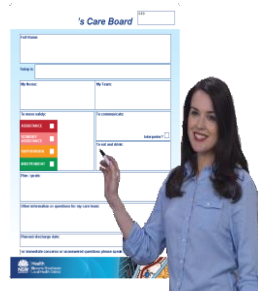
**Need an Interpreter?** Professional interpreters are available to help you communicate with staff. The service is free and confidential. Our staff can also book you a sign interpreter. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.



# My Care Board - Easy Read



Your Care Board can be used by you, your family / carer and your health team.



You and your family / carer can write questions or comments to help us:

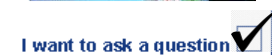
- o Care for you safely
- o Understand what is important to you



The health team will use it to tell you:

- o **Who** is looking after you
- o **What** is happening with your care

**Or** - Tick this box to ask a question



You **do not have to** use your care board

You can ask for information to be removed



If you have a problem or urgent question, speak to your nurse straight away.



Ask our staff for an interpreter or assistance with any cultural needs.

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