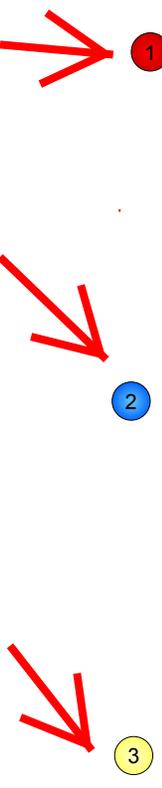


Owner:

My Global Health Care Plan™ Personal Health Record with ASSESSMENTS & CARE COORDINATION

GHCP Manager:

Primary Care Provider:



1
List Providers:

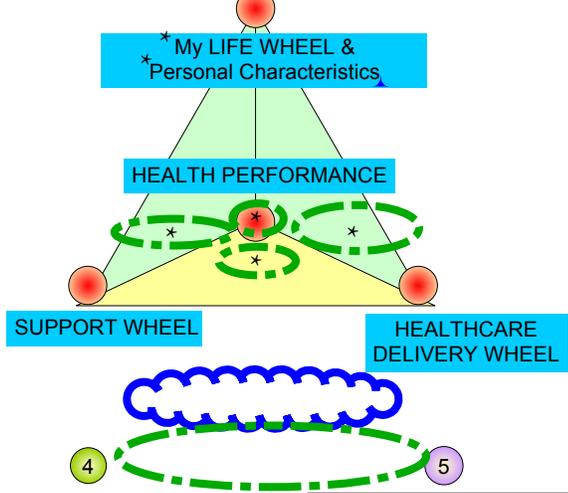
Next Steps:

2

3

MY HEALTH PYRAMID™

The Four Triads of My Health Self-Management



8

7

6

SELF-MANAGEMENT:

Care Plan

Advanced Directives
++DPOA for Healthcare
++Living Will
++POLST "Final Victory"
++POA
++Psychiatric Adv. Directive

Medications
++Allergies
++Current
++Discontinued
++Reconciliation -At all med changes & transitions of care
++Drug -Drug Interaction Ck

Diagnostics
++Labs
++Imaging Results
++Pathology Results
++Procedure Results
Request

Medical History & Summaries
++Most Recent History & Physical
++Most recent Hospital or Rehab Discharge Summary
++Specialist Consultations
++Office Visit Notes **Request**
++Surgeries

Assessments

Functional Dependency Assessments: see Health Activation Assessment Tree
++ Basic Activities of Daily Living (ADL's); or FIM
++ Instrumental ADL's; or FIM
++ Assistive Devices
++ Cognitive Assessments: Depression, MMSE, Global Deterioration Scale

My Characteristics, see Care Setting Matrix
++ Readiness Assessment: HA₂T
++ 360 Needs Assessment)
++ PHQ2&9, MMSE, KELS
++ Bio-Psycho-Social-Economic Description (Barriers & limitations) -
Family History-
++ "Bowen & 8 Concepts"
++ Genogram ++ Genealogy

My Primary Caregiver (PCG) Characteristics:
++ Readiness Assess: HA₂T
++360 Needs Self-Assess
++ Caregiver Burden, FIM, PHQ2-9, MMSE
++ See Functional Dependencies

My Health Clinic & Hospital Characteristics & the Global Health Care Plan:
++360 Needs Assessment including above H/C Providers and their respective H/C Team++
Developmental Staging per Chronic Care Modeling & Readiness To Perform Beliefs & Attitudes, 6 AIMS 10 Rules

Care Plan

Planned Care & Chronic Care
My Health Goals -Alerts- Appointments-Next Steps & by Who's responsibility involving what people places and things.
C_(2SD)GBAO's, SHARED COMMUNITY GBAO's

Global Skill Development, Health Maintenance & Knowledge Deficits
1. Self - Readiness for lifestyle change 2. PCG/ family 3. Informal/Private H/C Professionals 4.H/C Team(s)

Resource Development & with Future Planning—
People-Places & Things for
1. Self & 2. PCG/family
3. Housing 4. H/C Team(s)
GHCP evaluation for potential changes in P-P&T

Care Transitions
Supports & Health Care Interventions in: Crisis, Post Acute, Maintenance.
Based on Psycho-Social Typology of each disease & the Time Phases of each.
Click for Excel spreadsheet.

* Denotes Links

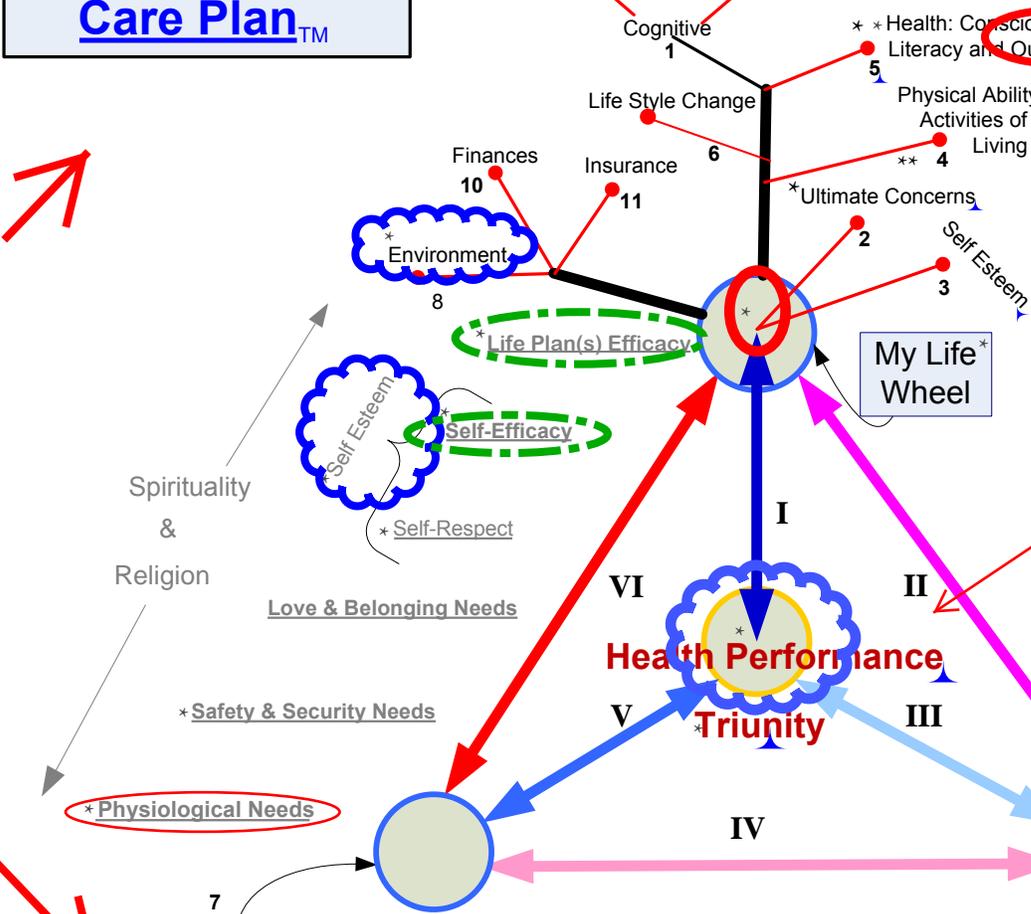
The Health Pyramid™

Global Health Care Plan™

HA₂T Portfolio™

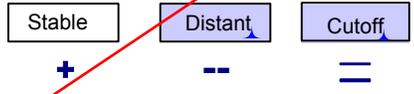
Mental & Emotional Health: Depression or Other Dysfunction
Neurological Function: Dementia, or Other Organic Brain Dysfunction

Dropdowns are for self-assessments

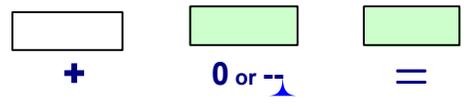


* Health Activation Assessment tree (HA₂T)
1-6 Internal/self-characteristics
7-11 External characteristics

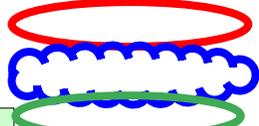
Stable & Unstable Global Dyad Icons (I - VI) apply over respective arrows



Dyad Specific Icons (1-11) apply over diagonals_{below} & HA₂ tree_{above}



Journal Styles:



- MYDECAF

Ask your PCP to review your planned care periodically.

write a summary of your office visits in Notes ==>

A.

B.

C.

D.

E.

The Greater Health Community

provides individual & caregiver health education and experiential learning to make the life-style changes needed to improve personal and family health and resiliency.



Community-Based Group Networks
Disease Specific & Outcome Specific
 (group meetings and online - see local GHC)

Process

Behavioral Groups:
Diet & Exercise
Unwanted Habit Cessation
 (group meetings, see local GHC)

Structure

My Global Health
 Care Plan
PHR
 in T.H.E. GHC
 @mytown.org

Self-Care Management
Training & Coaching
 (group meetings and online - see local GHC)

Function*

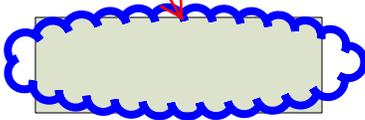
Emotive & Reality
 Re-Orientation
 Self-Awareness

Motor
 Consciousness,
Movement & Will

Try This Then Name
 Your Condition &
 Upload Your CGBAO
 Care Plan to Share with
 Others in the GHC

Adapting to necessary change for your health and then re-integration to your Life Plans –Coming to Terms With The Attractiveness of Stability & Need for Change. Using your GHCP to guide the changes and re-integration.

SHARED COMMUNITY CGBAO's
 CONDITION SPECIFIC



The Universal Community

& it's Policies, Plans & Governance

The GHC

THE GREATER HEALTH COMMUNITY

@MYTOWN.ORG

The Person Side of Health Management
My Community Care Continuum (C3)TM

The Patient Side of Health Management

Regional Community Resources & Policies

The Health & LTC Insurance/Payer & the contractual rules for Coverage

Religion
Local Community & Policies & Plans
Groups & Associations & Businesses
Family & Friends

Person First Patient

H/C Organization & Policies & Plans
Delivery System
Technology & Information
Self-Management Support
Decision Support

Ref: R. Zaner

Social Values & Social Engagements & Spiritual Values and Spiritual Engagements

The GMC
The Greater Medical Community

Teaching and skill training to the patient or caregivers from licensed professionals within the GMC continuum of care?

Evidenced -Based Medicine versus non-standardized care and variation creating risk for harm and increased morbidities, and waste?

Life Plan

Ref: Josiah Royce

The People Places & Things in Your Chosen Community. The extent to which the Universal Communities Hierarchy of Needs are met is determined by the Realization of its Constituents Chosen Life Plans in adherence to the principles of Equality, Diversity and "Loyalty to Loyalty".

Care Plan

The People Places & Things Needed for Your Individual Health Plan But in the Context and in Dialogue to your Life Plan on the Person Side of Health and Life Management and in your specific C3.

"Illness is primarily experienced as a disruption on the life plan of the individual who is ill. The amelioration or cure of this illness occurs when this disruption is alleviated or eliminated." Ref.: Josiah Royce thru Griffin Trotter "The Medical Covenant: A Roycean Perspective"