

# Appendix 3:

## Who in my household needs care or support?

### MEDICAL SUPPORT

#### Mum & Dad

- The meds I currently take are: \_\_\_\_\_
- How many times a day: \_\_\_\_\_
- The things that worry me about my health are: \_\_\_\_\_
- The person that best knows my medical history is: \_\_\_\_\_
- Their contact details are: \_\_\_\_\_
- My caregiver details are: \_\_\_\_\_

#### Nan & Koro

- The meds I currently take are: \_\_\_\_\_
- How many times a day: \_\_\_\_\_
- The things that worry me about my health are: \_\_\_\_\_
- The person that best knows my medical history is: \_\_\_\_\_
- Their contact details are: \_\_\_\_\_
- My caregiver details are: \_\_\_\_\_

#### Family

- The meds I currently take are: \_\_\_\_\_
- How many times a day: \_\_\_\_\_
- The things that worry me about my health are: \_\_\_\_\_
- The person that best knows my medical history is: \_\_\_\_\_
- Their contact details are: \_\_\_\_\_
- My caregiver details are: \_\_\_\_\_