

Caring for someone with multiple long-term health conditions

My Story



Welcome

Thank you for joining our research project! Your contributions are really valuable and we appreciate you taking time to fill this out.

This book is part of a research project called SysteMatic which is about improving health and social care for people with multiple long-term conditions. This book is created to find out about:

- Daily life caring for someone with multiple long-term conditions
- Experiences of health and care services
- How we could make these services better

Feel free to complete the activities in your own time and in the way that suits you best. You may want to complete them on your own or with a family member or friend.

If you have any questions or concerns about this activity book please contact Isobel:

Email: isobel.leason@liverpool.ac.uk

Call/text/WhatsApp: 07385112735

In this book you there are 8 activities. You can respond to them in the ways that suit you best.

That could include:

- Filling out this book
- Making notes or drawing on a separate piece of paper
- Typing up answers on your computer e.g. in a Word document
- Taking photos or videos
- Sending us voice notes or text messages

Once you've finished:

✉ Return this book (and any extra pieces of paper) to us using the prepaid postage.

Make sure you have sent any digital documents, photos, videos etc to Isobel:

@ Email: isobel.leason@liverpool.ac.uk

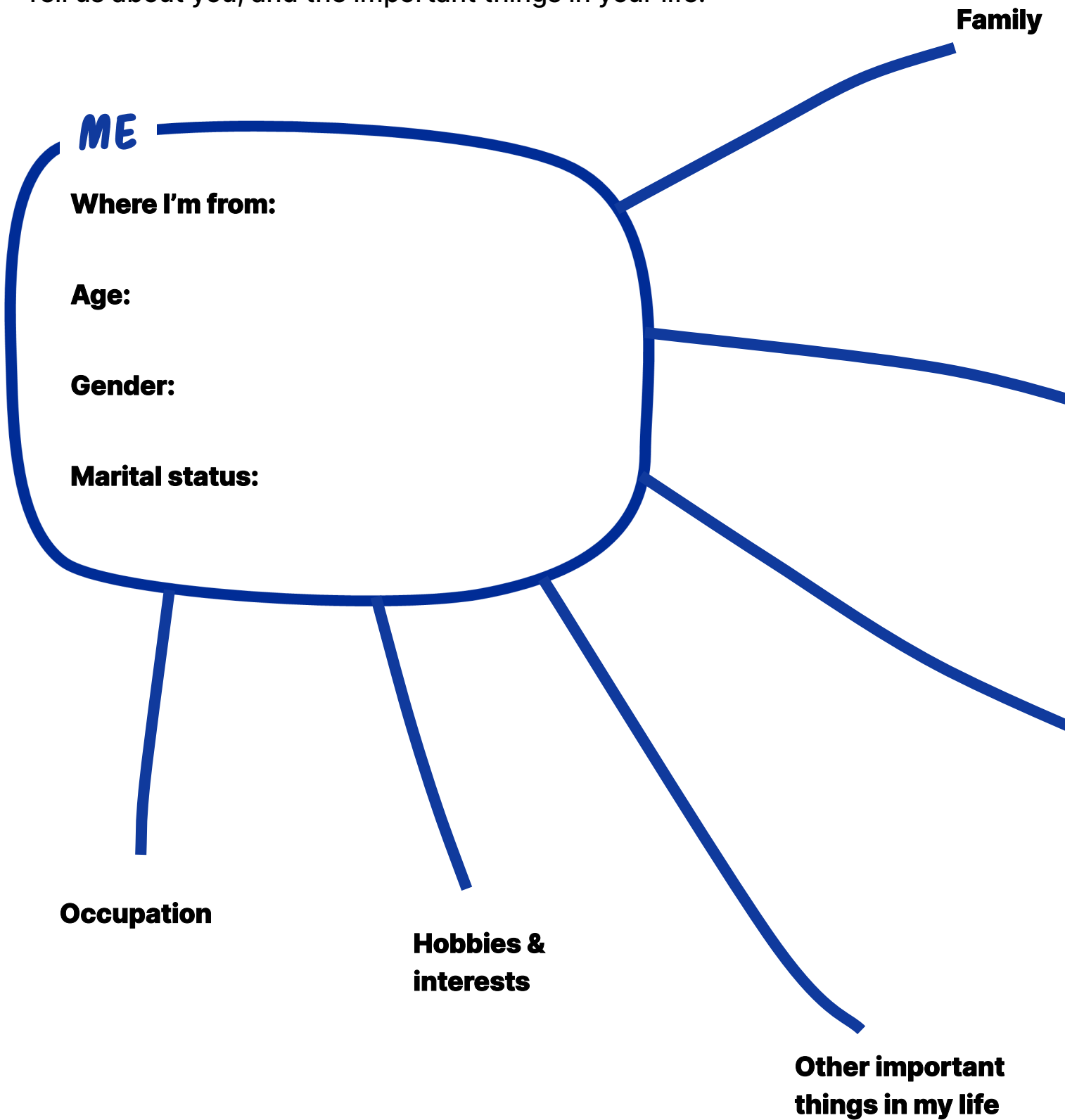
☎ WhatsApp: 07385112735



Scan the QR code,
or visit: <https://tinyurl.com/mvxjzz55>
to watch a video about filling out this
activity book.

1. About Me

Tell us about you, and the important things in your life.



Friends

**Communities
I'm part of**



Photo opportunity:
Show us the important
things in your life

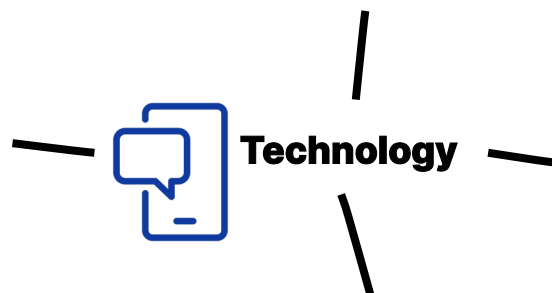
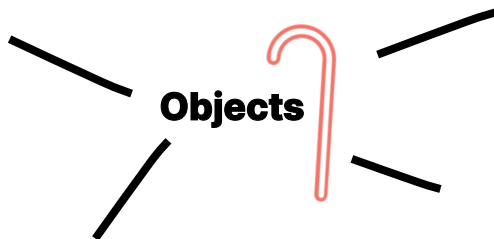
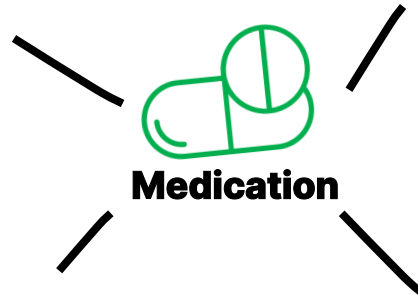
2. Who I care for

Tell us:

- a. who you care for,
- b. which long-term health conditions they have,
- c. how long they have had them,
- d. how the conditions affect them.

3. Managing their health

Add the things involved in managing their health.
You could draw lines between anything that links.



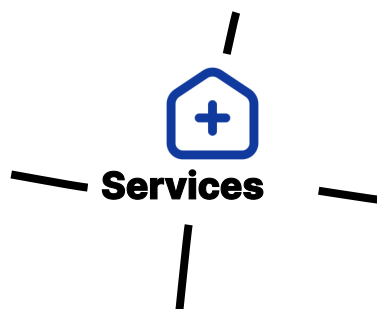
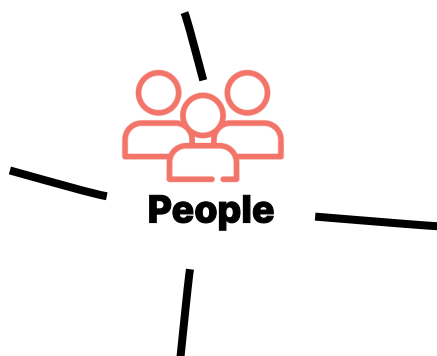


Photo opportunity:
Show us the things
that help you manage
their health

4. Life caring for someone with multip

We want to know about what day to day life is like caring for someone with multiple health conditi

A **TYPICAL** day caring for someone with multiple health conditions

A **DIFFICULT** day ca multiple heal



le health conditions

ions. This could include what you do, who you see, where you go, and how you feel.

ring for someone with
th conditions

A **GREAT** day caring for someone with multiple
health conditions

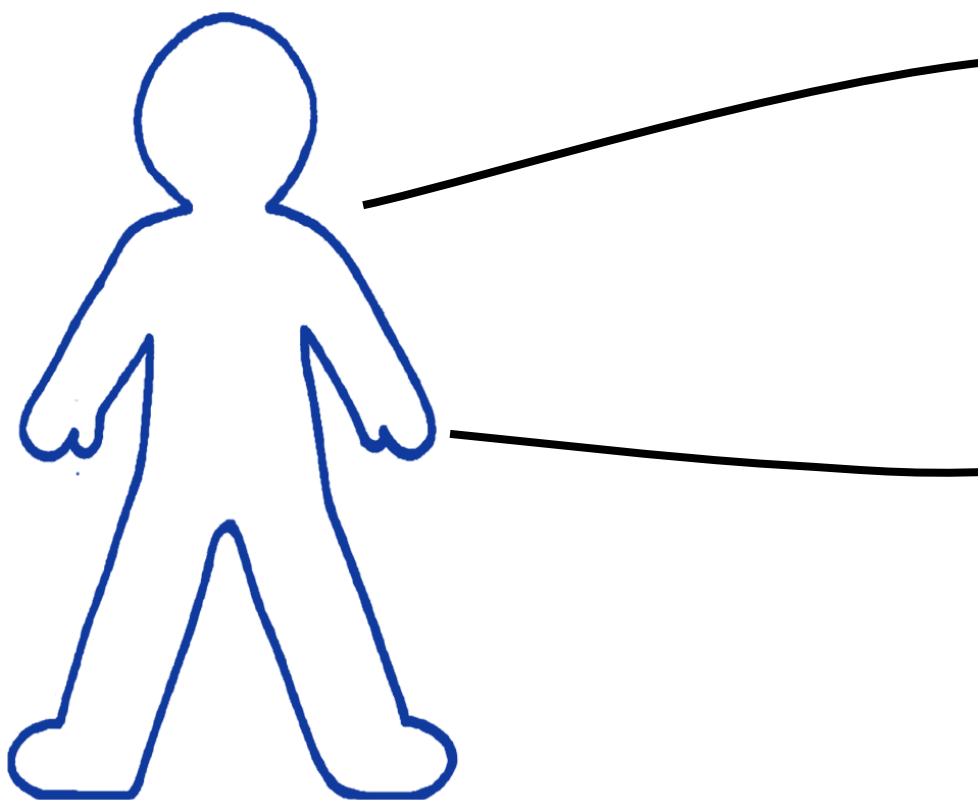


Photo opportunity:
Show us what daily
life is like for you

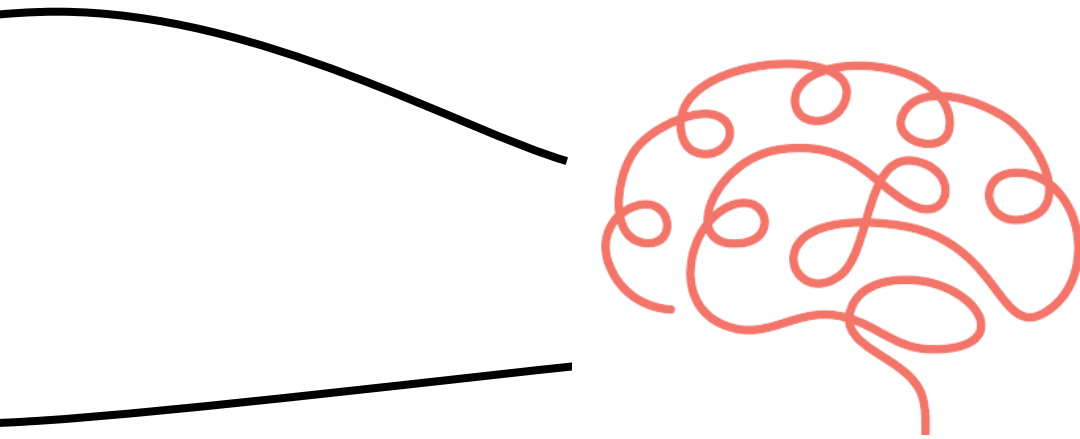
5. How caring affects me

Write or draw on the body and mind to show how caring for someone with multiple long-term conditions affects your body and mind.

How it affects my body



How it affects my mind



6. Health & care experiences

We want to hear about your experiences of health and care services so they can be improved for everyone. Tells us about any positive or negative experiences relating to caring for someone with multiple health conditions that come to mind.

POSITIVE EXPERIENCES

NEGATIVE EXPERIENCES

7. Dreams for a better future caring for someone with multiple health conditions

It doesn't matter if it sounds impossible right now. We want to hear your ideas and think about a brighter future for both the people with multiple long-term health conditions and those who care for them.

Three cloud-shaped thought bubbles are provided for brainstorming ideas. The top row contains two clouds, and the bottom row contains one large cloud. Each cloud is outlined in blue and is empty for writing.

SERVICES

MEDICATION

OBJECTS

PEOPLE

PLACES

TECHNOLOGY

8. Anything else

If there anything else that you would like to tell us about yourself or caring for someone with multiple health conditions you can write it here.

Did anyone else help you fill out this book?

Your answers in this book are anonymous. When sharing the results of our research we might talk about some of the things you said. We will use a fake name for this. What would you like your fake name to be?

What would you like the fake name of the person you care for to be?

Thank you!

Thank you for taking the time to tell us your story. We really appreciate it.