

Living 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 the 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 with multiple long-term health 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 might do a bit at a time or complete the whole book at once. You may want to complete this 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

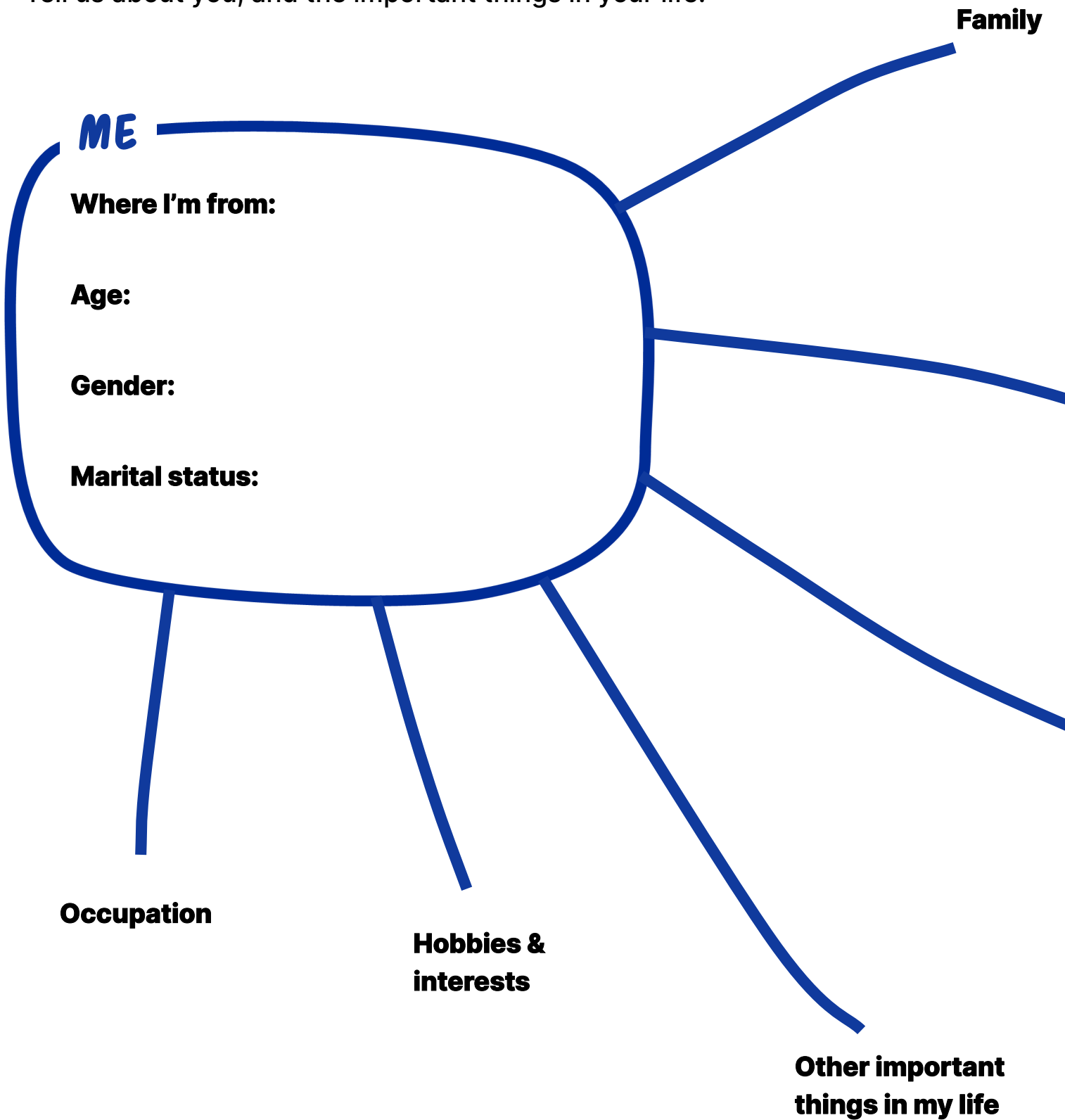
☎ WhatsApp: 07385112735



Scan the QR code,
or visit: <https://tinyurl.com/5dy9ek7z>
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. My health journey

Create a timeline of your health journey. Add your diagnoses and any other key events related to you health.

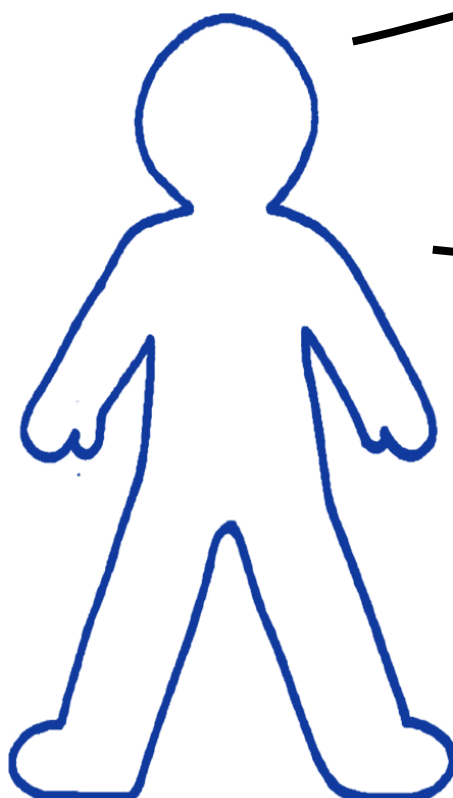




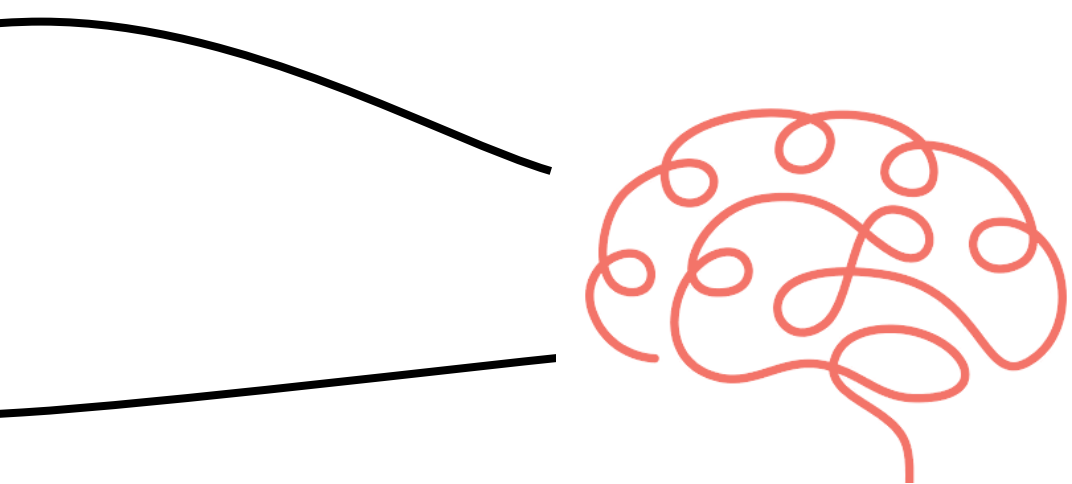
3. How my conditions affect me

Write or draw on the body and mind to show us how your health conditions affect you.

How they affect my body



How they affect my mind

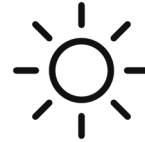


4. Living with my health conditions

We want to know about what day to day life is like living with your health conditions. This could include:

A **TYPICAL** day with my health conditions

A **DIFFICULT** day with my health conditions



clude what you do, who you see, where you go, and how you feel.

h my health conditions

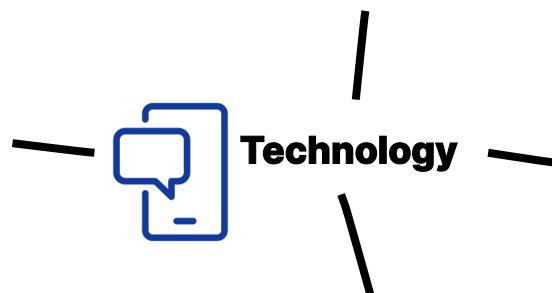
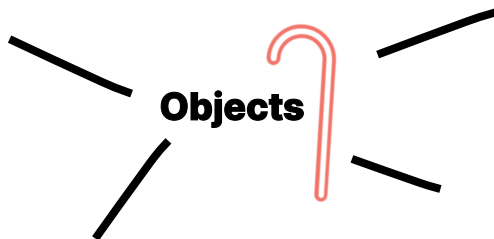
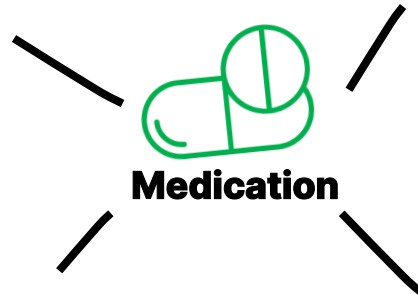
A **GREAT** day with my health conditions



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

5. Managing my health

Add things that help you manage your health. You could draw lines between anything that links.



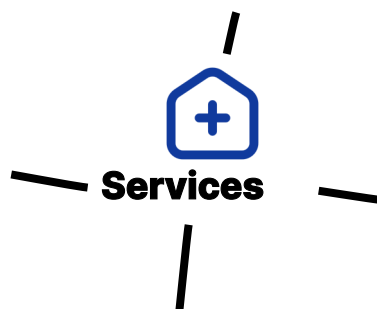
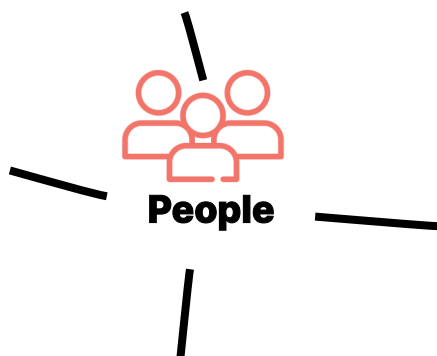


Photo opportunity:
Show us the things
that help you manage
your health

6. Health & care experiences

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

POSITIVE EXPERIENCES

NEGATIVE EXPERIENCES

7. Dreams for living better 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 people with multiple health conditions.

The image contains three large, empty cloud-shaped thought bubbles with blue outlines. The top row consists of two clouds, and the bottom row consists of one larger cloud. Each cloud is intended for a user to write their ideas for improving life with multiple health conditions, categorized by the labels below them.

SERVICES

MEDICATION

OBJECTS

PEOPLE

PLACES

TECHNOLOGY

8. Anything else

If there anything else that you would like to tell us about yourself or living 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 the fake name to be?

Thank you!

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