



MEDICAL RESEARCH  
**INSTITUTE**  
OF NEW ZEALAND

# Taking Charge of your own life, with, or after illness:

## The Workbook

This version has been revised so it is non-stroke specific – anyone can use it!

Feel free to share. The manual is available at <https://bit.ly/3ftF10h> (stroke version - we are working on a generic version, but you will get the idea, no problem, from this one). Also, a simple 'stock-take' of current activities before you start is available here: <https://bit.ly/3cKS0jf>

Comments (good and bad), mistakes and so on, to [harry.mcnaughton@mrinz.ac.nz](mailto:harry.mcnaughton@mrinz.ac.nz) or @TakeChargeH

There are some spare pages at the back so you can update as you wish

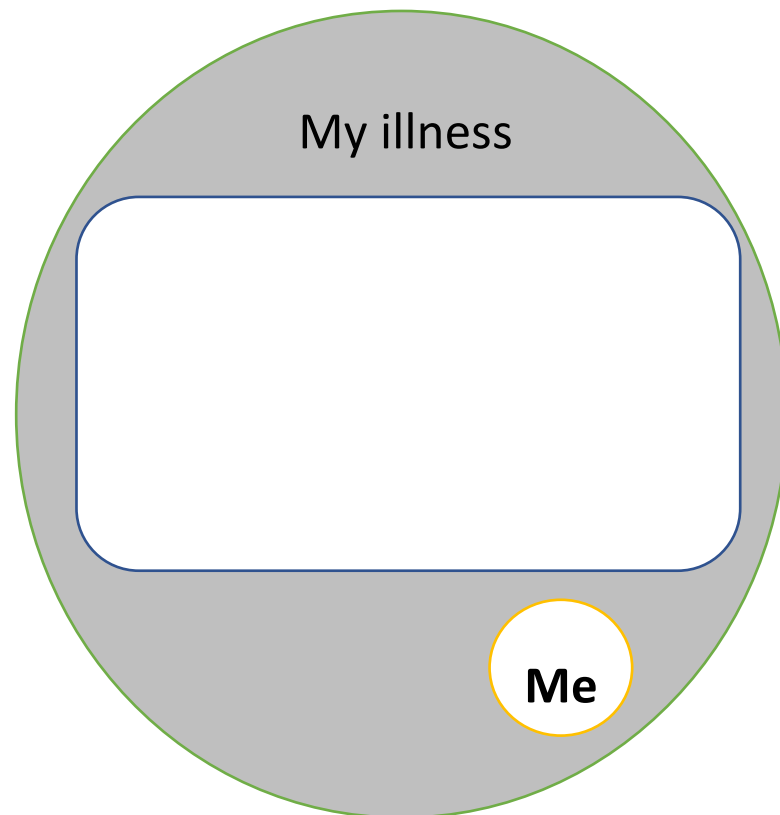
## Taking Charge: who I really am

### **For example:**

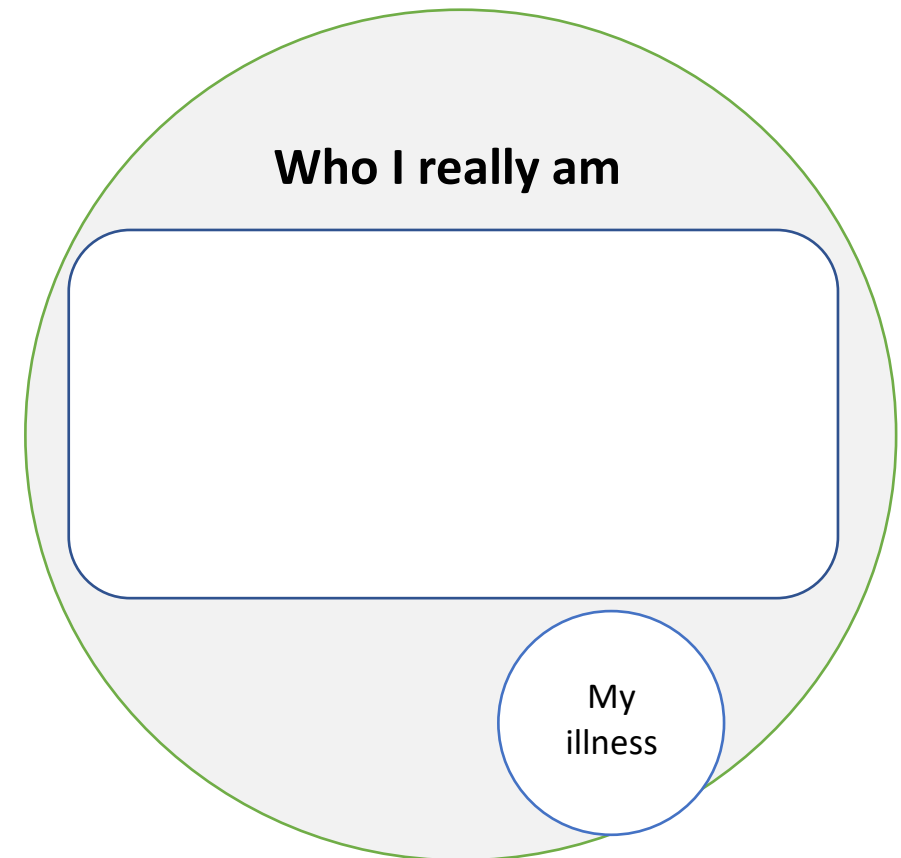
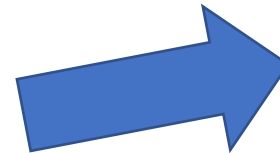
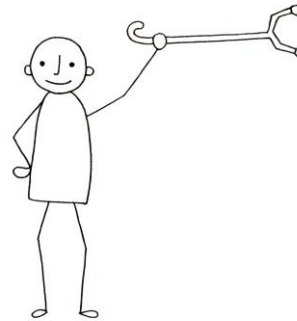
*weak, hard to talk, hard to walk,  
hard to see, hard to think, tired,  
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### **For example:**

*Mother, daughter, wife, grandma, choir  
member, gardener, reader, teacher, friend,  
joker, volunteer, strong, happy, energetic,  
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**A patient with an illness**



**A person who happens to have a  
medical condition**

## Taking Charge: looking beyond this illness



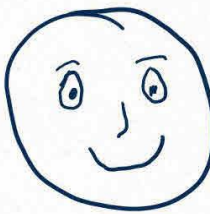
Overall hopes, aims, aspirations for next 12 months

- 1.
- 2.
- 3.
- 4.



Main fears

- 1.
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## What would my 'Best Day' look like?



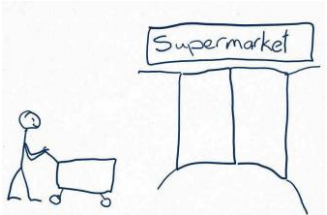
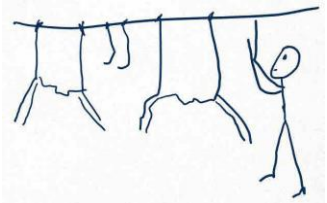

Draw a picture of your best day here. Friends and family may also want to draw something.

## Becoming the person who I really am

*Sketch drawings in this column if you want*

Date	What I am trying to do	How I could achieve it
<i>eg</i>	<i>Grow and pickle cucumbers like my mother did</i>	<ol style="list-style-type: none"> <li>1. <i>Read up about it (RHS website?)</i></li> <li>2. <i>Talk to the man down the allotment about growing them</i></li> <li>3. <i>Buy seed!</i></li> <li>4. <i>Ask woman in deli for pickling recipe</i></li> </ol>

**Physical things** like getting around, washing and dressing, doing the housework

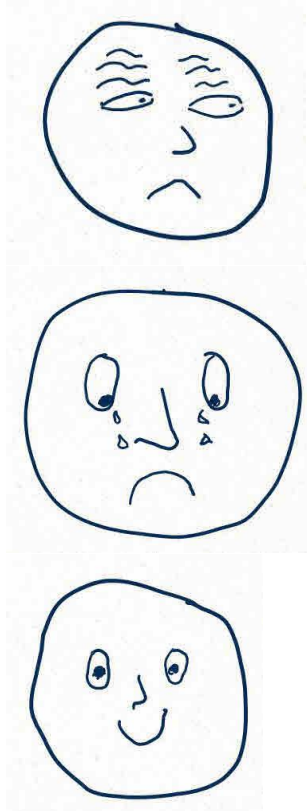
Date	What I am trying to do	How I could achieve it
eg	<i>Walk to the shop on my own</i>	<ol style="list-style-type: none"> <li>1. <i>Walking practice with James every day if possible!</i></li> <li>2. <i>Try walking to next door on my own with James watching</i></li> <li>3. <i>Ask the physio about swapping the walking frame for a stick</i></li> </ol>
		
		
		

**Communication** including speech, understanding, reading, writing, using a computer



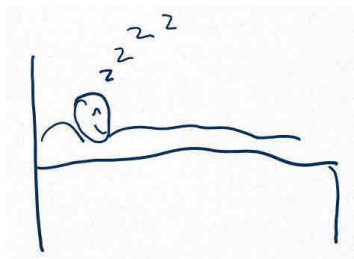
Date	What I am trying to do	How I could achieve it
eg	<i>Talk on the telephone</i>	<ol style="list-style-type: none"> <li>1. <i>Do some practice runs with James</i></li> <li>2. <i>Arrange for Elsie to call me</i></li> <li>3. <i>Use a tape recorder or something so I know what I sound like? (scary!)</i></li> </ol>

**Emotional issues** like feeling anxious, worried, stressed, depressed, helpless



Date	What I am trying to do	How I could achieve it
eg	<i>Feel more in control/charge</i>	<ol style="list-style-type: none"> <li>1. Put my 'main hopes' sheet on the fridge door where I can see it</li> <li>2. Talk with James about me taking responsibility for some jobs - paying the bills maybe?</li> <li>3. Join a support group?</li> </ol>







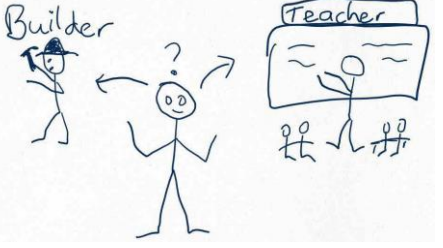
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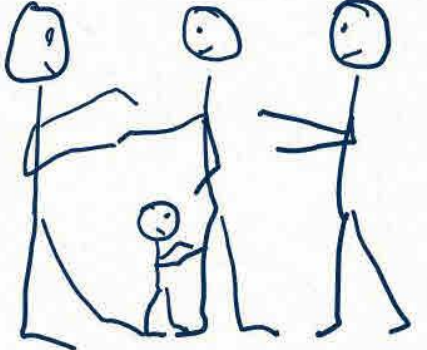
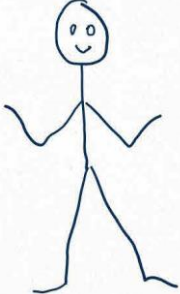
# Information needs

	Date	What I am trying to do	How I could achieve it
	Eg.	Understand what happened and why	<ol style="list-style-type: none"> <li>1. Talk to the GP</li> <li>2. Try the internet?</li> <li>3. Support group?</li> <li>4. Ask family to write down (or voice record?) what they remember about what happened</li> </ol>

**Financial issues** like paying the bills, returning to work, using a budget, knowing about available supports

	Date	What I am trying to do	How I could achieve it
	eg	Reduce travel costs	<ol style="list-style-type: none"> <li>1. Apply for taxi discount vouchers</li> <li>2. Apply for mobility sticker for windscreen</li> <li>3. Which buses have the low entry step? (internet search?)</li> </ol>
			
			

## My support network - where I go for help, support, having a good time

	Date	What I am trying to do	How I could achieve it
	eg	<i>Show my helpers how much they mean to me</i>	<ol style="list-style-type: none"> <li>1. <i>Invite Julie and Don for lunch soon</i></li> <li>2. <i>Skype call with Andrew and Jo?</i></li> <li>3. <i>Petrol vouchers for George</i></li> <li>4. <i>Buy James a present on line</i></li> </ol>
			

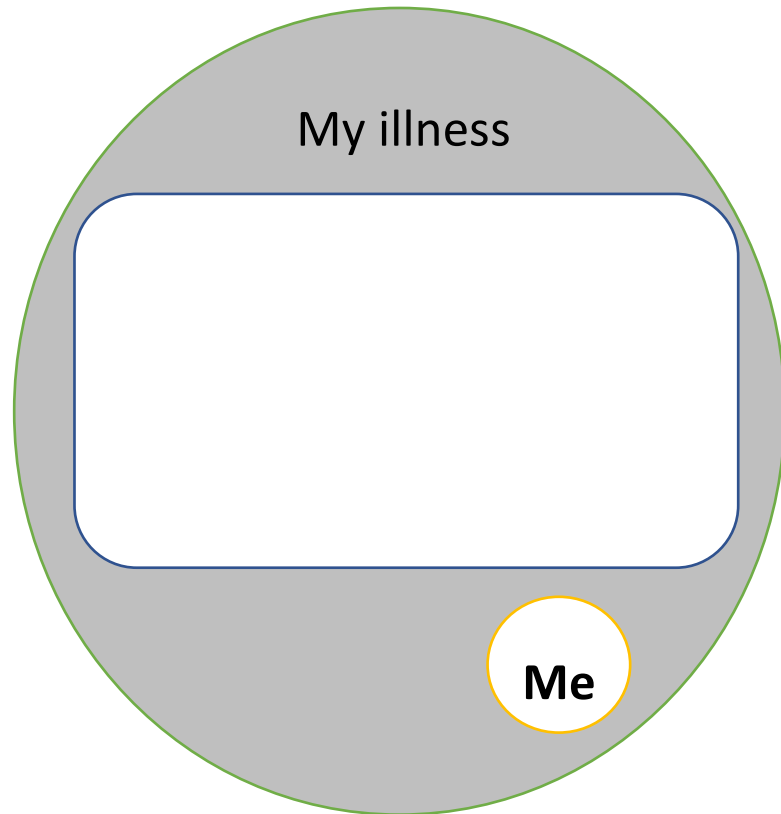
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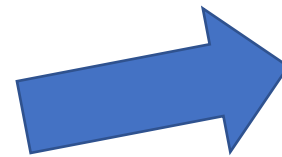
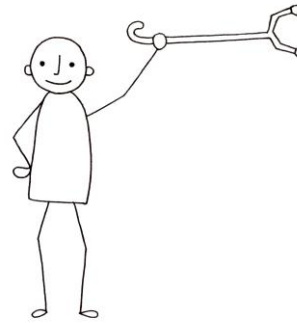
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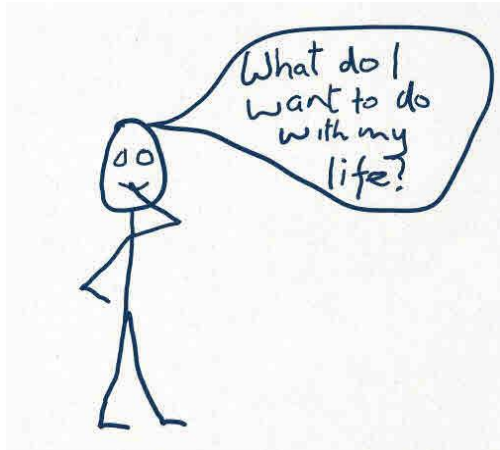


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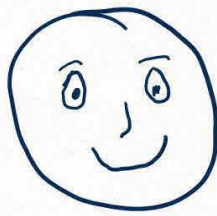
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