



Care Transitions Coalition

within Winnebago County

What do I want my Health Coach to do for me: (check all that apply)

General Health

- Be my second pair of ears when talking with my doctor
Comments, specific instructions _____
- Help me ask the doctor questions
- I do not need help in this area

Medical Appointments

- Help me with my appointments
 - Make my appointment
 - Keep track of my appointments
 - Find transportation
 - Come to my appointments
 - Help me fill out forms/paperwork for the appointment
- I do not need help in this area

Medications

- Help me with my medications
 - How to get my medications from the pharmacy
 - Help me set up a way to take my medications that work for me
 - Help me get help with my medications if I need it
- I do not need help in this area

Costs

- Help me organize my medical insurance and costs
Specific Instructions _____
- I do not need help in this area



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Other services I may need

- Housekeeping Medical Equipment Transportation File of Life
 Getting someone to help me get a POA for Health Care completed
 Bathing Groceries Laundry
 Other (add other things you may want help with)
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- I do not need help in this area

What is most important to you? (check all that apply)

- Make my own health care decisions
 Remain active in my hobbies
 Have social contacts/activities
 Move to a place where my needs will be taken care of
 Remain in my home as long as possible
 Other _____
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Suggestions for a good Health Coach relationship:

- Maintain confidentiality
- Remain open and share all communication (honestly)
- No communication without my presence or knowledge
- Listen to me and verify my understanding
- Ask questions – don't assume
- Don't impose your beliefs into my care and decisions – support my beliefs and wishes
- To help plan or prepare needed action only when I can't act for myself

This tool was brought to you through the Winnebago County Care Transitions Coalition represented by ADRC of Winnebago County, Aurora Medical Center, Theda Care, Affinity Visiting Nurses, Network Health, Generations Home Care and Hospice, Living Healthy Clinic, Lakeland Care District, ResCare Home Care, Anthem Blue Cross Blue Shield, Affinity Health Care, Hometown Pharmacy, Evergreen, Winnebago County Health Department.