



Healthcare Journey Binder



What is the Purpose of the Healthcare Journey Binder?

The **Healthcare Journey Binder** was created by caregivers and healthcare providers to help improve the overall healthcare experience for people with an illness, disease, or medical condition. It can be used by anyone, including caregivers, to manage important healthcare information by:

- Having a place where documents and information can be kept in one place
- Making it easy to organize and find health information
- Allowing you to easily share any information with the healthcare team
- Helping to give you a sense of control

How Does the Binder Work?

Every healthcare journey is different! The Healthcare Journey Binder contains templates created by Connecting the Dots and other healthcare organizations.

“Make the Healthcare Journey Binder work for you, the person you provide care for and others involved. These needs may change as this healthcare journey progresses. Freely modify the contents as you go to make them work best for you.” - Caregiver

You can modify your binder by:

- Moving the binder sections into an order that you find helpful
- Adding or removing sections and templates
- Storing documents and papers in the binder or envelope provided

The Caregiver Role

A **caregiver** is defined as a **family member, friend and/or neighbour** who provides personal, social, psychological and physical **support, assistance and care**, for family members and friends in need. This support can be provided for any length of time.

Caregiving can include coordinating medical appointments, managing medications, arranging in-home healthcare services, and many other tasks.

“Often, being a caregiver can seem like an overwhelming and all-consuming experience. The Healthcare Journey Binder can become one of your most useful tools and resources, helping you and the person you are providing care for reduce stress and enhance your journey together.” - Caregiver

Safekeeping and Protection of Privacy

The binder will hold personal health information. Be sure to keep it in a safe place and share it only with those with whom you wish to share this information. When disposing of the binder, do so securely. Take the contents to your local hospital or pharmacy to have them confidentially shredded.

A Word of Thanks

Connecting the Dots for Caregivers was a partnership of six health care organizations in Huron Perth, funded by the Change Foundation. Together, with caregivers, they worked to improve the caregiver experience by co-designing solutions, programs and resources that will ensure caregivers feel valued, respected, engaged and supported in their important role.

The **Healthcare Journey Binder** is just one of many resources created through a co-design process involving equal participation of caregivers and healthcare providers. A special thanks to all of those who participated. For additional caregiver resources go to www.caregivershuronperth.ca.

Contact for Binder Support:

Name/Organization: _____

Position: _____

Phone Number: _____

E-mail address: _____

