

# Personalised Care and Support Planning

## What does it mean for you?

- You are the expert on what matters to you.
- We build a picture of everything that might affect your pregnancy from medical history, previous experience and family circumstances.
- We will share with you the pros and cons of different options in a way that you understand.
- You decide on the care that is best for you.
- We listen to your views and care about your choices.
- Your wishes will be respected, recorded and followed.
- Your care will be personalised to meet your needs.
- It's ok to change your mind.



### What can you do to prepare for your appointments?

Think about what is important to you during your pregnancy. Consider any questions you have:

- What are my options?
- What are the benefits and things to think about for these options?
- What help and information do I need to make my decision?

### The Personalised Care and Support Plan

Some hospitals provide a personalised care and support planning booklet or app to prepare your thoughts and questions.

