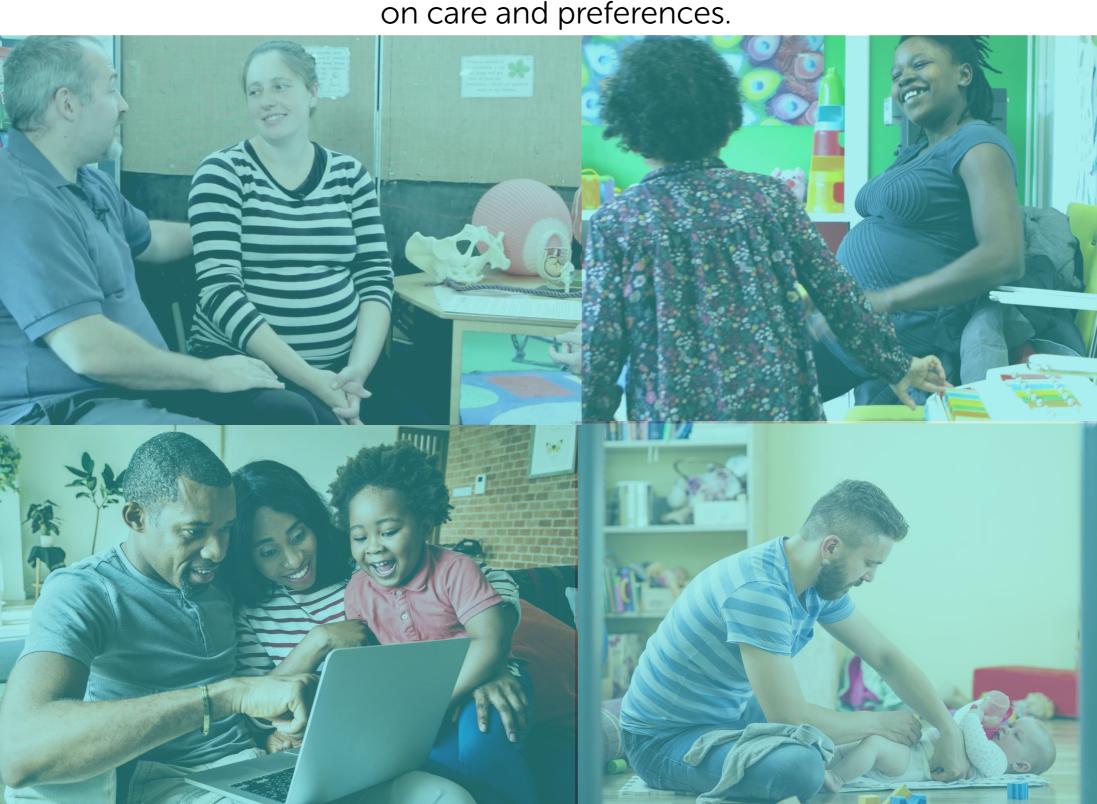


Your Personal Care Plan

Personalised care plans help you to explore, understand and record your individual choices for pregnancy, birth and early parenthood. Everyone is different, with individual needs, which have an influence on care and preferences.



If you have booked for maternity care at James Paget University Hospital and Norfolk and Norwich University Hospital you will receive a paper version of this. However, at Queen Elizabeth Hospital the maternity record is fully digital and your personal care plan is accessed via a link in your maternity record. This is accessed via the web or an app-based version and follows a very similar format but guides you through antenatal, labour and postnatal care in slightly more detail and allows you to add your thoughts, feelings and questions which will then be answered at your next visit. Please use the following pages to document and share what is important

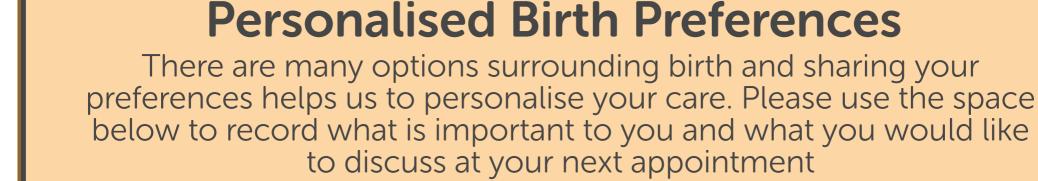
to you about the care you receive and the decisions you make.





throughout your pregnancy and what you would like discuss at your next appointment

Please use the space below to record what is important to you



Local Maternity & Neonatal System



to discuss at your next appointment

After your baby is born

There are things you can consider and plan for after you have had

your baby. Please use the space below to record what is important

to you and what you would like to discuss at your next appointment

Sofolk and Way **Local Maternity** & Neonatal System Use this space to record conversations The date I have had important to you and your family that these discussions you have discussed

