

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.

Health and wellbeing during pregnancy

Please use the space below to record what is important to you throughout your pregnancy and what you would like discuss at your next appointment

Personalised Birth Preferences

There are many options surrounding birth and sharing your preferences helps us to personalise your care. Please use the space below to record what is important to you and what you would like 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

Use this space to record conversations important to you and your family that you have discussed	The date I have had these discussions