

## **The Wellness Card**

### **What is it?**

A card that is offered to all service users to help them engage in a more personalised discharge process. It basically helps with communication of plans and ideas necessary to help support you on discharge.

### **What does it do?**

It is intended that the card will be a working tool throughout the patient's stay on the ward reflecting the path he/she travels with his/her team towards figuring out how best he/she should be integrated into the community once he/she has been discharged. The card will operate within a context of a "wellness group", in place in the Jonathan Swift Clinic, which will enhance the concept of patients' taking responsibility for working towards their wellness.

### **How does it work?**

Firstly, it highlights a list of the user's commitments going forward: it will have a summary of activities in which the discharged user has undertaken to participate in the community. Secondly, as a list of relevant supports: it will contain contact numbers of professionals and other individuals who have undertaken to support the user's efforts to stay well. Thirdly, it will have relevant emergency numbers should a crisis occur. Fourthly, it will help the user identify and understand early warning signs should they feel unwell in the community. The Wellness Card will still continue to be dynamic in that it could be re-considered and amended in line with the user's progress in the community.

### **Who will help me?**

It is intended that your key worker and team nurse will help you with your card. In addition, we would like you to attend the wellness groups on Monday and Friday.