

# THE 10 POWER TOOLS

- 1** 'All About Me' - This will let staff at your unit know what is important to you. Use it to tell them stuff about you that you think they will need to know to understand you and to look after you well.
- 2** It's My Meeting - How to make the most of your meetings. You can use this tool to communicate what you want to be discussed at any of your meetings.
- 3** What's my Medication? - If you want to know more about your medication then this tool will help you to do so.
- 4** What's in my Care Plan? - Everyone must have a care or a treatment plan. If you don't know what is in yours or you want more details about it then using this tool will help you to find out.
- 5** Disagreeing with my Treatment - Use this form to work out and explain to others what you disagree with and why, and what you will and will not agree to with your care and treatment.
- 6** :Appealing against my Section - Use this form to appeal against being detained under the Mental Health Act.
- 7** Your Right to make a Complaint - Complaining can seem a scary business. This tool will guide you through it and help make it an easier and less daunting experience.
- 8** Planning for Tough Times - Sometimes things may get worse before they get better. You can use this tool to plan for how you want to be treated if you start feeling worse or become unable to clearly express what you want.
- 9** Planning for the Future - You will leave your unit at some point. This tool is for helping you to think about what you would like to happen when you leave and for creating your own plan for before and after you are discharged.
- 10** Looking out for Myself - Planning for how to keep yourself safe when you are on your own.

