


Taking Action to Find Solutions


From time to time, things may come up that could get in the way of your treatment. Planning how to get past these challenges may help you be better prepared.

ONE CHALLENGE I AM CURRENTLY FACING IS




Example: Getting a ride to my next appointment


WHAT DO I NEED TO SOLVE THIS CHALLENGE?

 INFORMATION

Resources to help me find solutions



Example: An advocacy group may be able to help me find out about transportation resources in my area


 PRACTICAL HELP

Someone to help with things I have trouble managing




Example: I can ask my neighbor or a friend to drive me to my next appointment

THE FIRST STEP I'M GOING TO TAKE IS




Example: I'll give my neighbor a call

I WILL DO THIS BY



Example: End of this week

A BENEFIT OF SOLVING THIS CHALLENGE IS



Example: I will have a ride to my next appointment

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