

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



PRACTICAL HELP



Someone to help with things I have trouble managing

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

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



Example: End of this week

I WILL DO THIS BY



Example: I will have a ride to my next appointment

A BENEFIT OF SOLVING THIS CHALLENGE IS