



Physical Disabilities Diary: A Carer's friend, helping to relieve stress and worry.

Francis Heran

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The Health Diaries are different from conventional diaries. Think of them as your go to friends and tell the diary how the person you are caring for, and you are feeling.

If you can write a text message on your mobile device, a shopping list, a to-do list, a short note to someone or any other type of note or message; you can, write in the Health Diary. You don't have to write in sentences and paragraphs, using grammar and punctuation. Write how you want.

Use the diary to extensively chart the progress of your loved one, for whom you are the diligent Carer. Record all important information pertaining to their care in it.

No need to stress about remembering and attending medical appointments, worrying about what questions to ask, what issues to raise and what to say when the Doctor or Consultant enquires about the person's health. It's difficult to remember everything. **With the Health Diary, you need not worry.** You don't even have to attend the appointment with the person you're caring for; let the person take the diary with them. All the required information and much more will be in it. Imagine having all this to hand when the medical professional requires it.

The clear and easy to read format means they can quickly pick out the essential details about you're loved one's health progress. All this can help with the quick and early diagnosis of any possible symptoms or side effects, that may also determine the next stage of the treatment plan.

The Health Diary also includes a section for you, the Carer. You have the opportunity to reflect on your needs and state how you are feeling. This may lead to you having a conversation with your Doctor or Health Professional.

Enjoy writing in the diary every day and all will be well. **Delve within and start using it, to help relieve some of your stress and worry.**

Remember, there's only one of you.

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Ruben Martin:

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Victor Smith:

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