

What is Shared Care?

With Shared Care, you and the health workers you choose, share access to your health information. Your personal health information is put on a secure and confidential internet site which only you, and your health carers can access. It is available to you and those involved in your care, wherever you are and whenever you need it.

The advantages of this are

- Everyone involved in your care, including you, has access to up-to-date information about you and your health.
- Important information is accurately recorded and available so you can all make informed decisions about the best care for you.
- In an emergency, at an after-hours clinic or when you are referred to a specialist, you will receive better advice and better treatment.

Without Shared Care, your doctor, district nurse, specialist and other health workers all keep their own records on you. They usually share information by email, letter, phone call or fax. Often this means there are delays in your treatment and decisions are being made without all the important information.



What information is shared?

Information about you including your name, birth date, ethnicity and contact details is part of the record. Also health information such as your health conditions, long term medications, test results and any important allergies and health alerts (such as allergies to drugs or anaesthetics) is shared. If you have a Shared Care Plan, this will also be available.

How safe is my information

The Shared Care internet site is safe and secure. Only authorised users can access it. Only you and your health workers will be able to see your record. You can also give permission for family members or carers to see your record. In an emergency other health workers involved in your care, may access your record.

Whenever your information is accessed, this is recorded on a log which you can check. You can see the log when you go into your record or you can call 0800 268 626 to request a log. If you have any questions or concerns, you can discuss these with your health worker. You can ask to be removed from Shared Care at any time.

Your health information will not be made available to insurance companies, employers or other third parties without your permission, unless required by law.



A Shared Care Plan

If you have an on-going or recurrent health condition (such as asthma, diabetes, arthritis, depression and many more), you might find a **Shared Care Plan** helpful. You and your health care worker, put together a Shared Care Plan based on your health goals and priorities.

The Shared Care Plan clearly sets out what is needed to keep you well or make you better. The plan becomes part of your personal health information and is shared electronically with all those involved in your care so that you can work together to manage your on-going health and wellbeing.

If you want them to, family members and carers can help with your plan and be part of it.

My Shared Care*

The most important feature of Shared Care is that your health information and your plan (if you have one) are there for you to see and use.

If you have access to the internet, you can go on to your Shared Care site at any time using your secure password. Otherwise, you can ask your healthcare worker to print the information for you.

You have access to your information so you can check your test results, medications and treatments. You can check your Care Plan and look up advice on early warning signs and actions for your condition when you need this information. You can see who has viewed your records.

You may also be able to

- Add measurements, eg weight or blood sugar readings
- Update your Shared Care Plan
- Send a short message to your health workers
- Access information on your condition and treatments via links provided by your health workers.

*This can include your **whanau** or **carers** , if you authorise this.

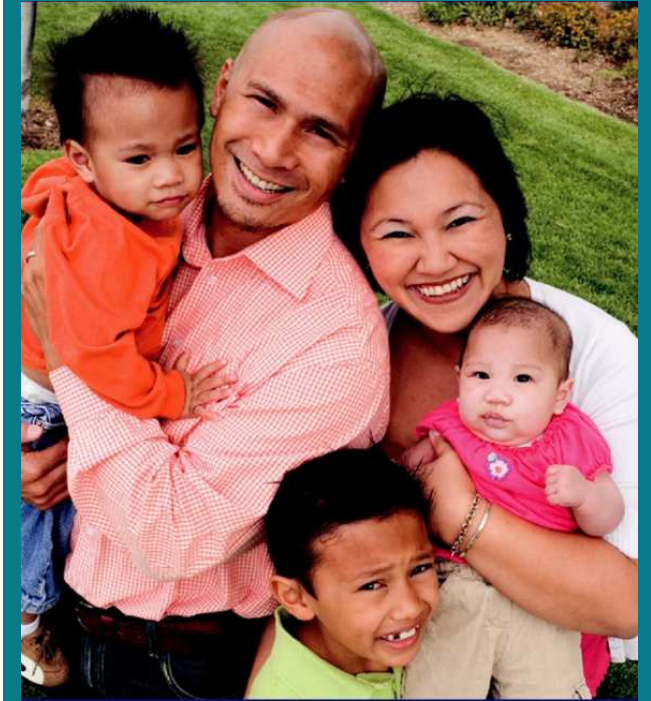
Where can I get more information?

Learn more about Shared Care at :
www.sharedcareplan.co.nz

You can see your Shared Care record by asking your health care worker or by calling:
0800 268 626.

What if I change my mind?

You can stop being part of Shared Care at any time by telling your health care worker that you wish to withdraw



Welcome to Shared Care

