Staying Engaged in Care

What staying engaged means

Staying engaged does not mean feeling motivated all the time. It means keeping on checking in, asking questions and changing your care when you need to.

Things that can get in the way

- Feeling less motivated after things start to improve
- Feeling misunderstood or not heard
- Money worries or the cost of sessions
- Long waits between appointments
- Not being sure what the treatment is aiming for
- Not seeing progress

If you notice one of these, it does not mean treatment has failed. It may mean the plan needs another look.

Making the plan clear

You can ask:

- What are we working on right now?
- What change are we aiming for?
- How will we know it is working?
- When will we look at it again?
- What happens next if things do not improve much?

Signs your plan is clear

- [ ] I understand the goal
- [ ] I know what to work on between sessions
- [ ] I know when we will check how it is going
- [ ] I know what happens if my symptoms get worse

Notes

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Notes between sessions

Keep track of:

- How regularly you eat
- How often you binge
- Feelings that set off eating
- Changes in your sleep
- Physical symptoms

Write down anything that relates to your treatment goals.

When to ask for a review

Ask for a review if:

- Your symptoms are getting worse
- You cannot tell if you are making progress
- Your goals are not clear
- You do not understand the plan

When to think about a second opinion

A second opinion may help if:

- Your concerns are not being dealt with
- A referral is turned down and no one explains why
- There is no clear treatment plan
- Communication is still unclear

Second opinions are a normal part of healthcare.

Checklist

- [ ] Write down your current symptoms
- [ ] Bring a list of your medication and supplements
- [ ] Be clear about the outcome you want
- [ ] Prepare a short summary of how you are going

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