

# ILLNESS TRAJECTORY

## Template

### HOW TO USE THIS

Use the graph below in two ways:

- 1) Draw your own medical history and the trajectory of your illness from diagnosis to present day, including important dates and significant medical events (e.g., hospitalisations, start of treatments, surgeries, etc.). Share this when meeting with new health care providers.
- 2) Ask your health care provider to draw a line that shows their understanding of the trajectory of your illness, including how your health or stamina will change over time. You might ask for an average pattern of the illness, and perhaps where they think you currently are on that general pattern. If the provider knows you well, together you might personalise the graph to show how things have changed for you over time, from diagnosis to present day, and what the future line might look like. In either case, you might also ask how long the average timeline is for those with your illness.

