Developing a Personal Early Signs Scale

You may find it useful to develop your own personalised scale to monitor your early warning signs, in becoming more aware of how much they are occurring and how much of a problem they are.

Enter your personal early warning signs into the left hand column of the table below.

If you think that you may be slipping back, then simply use the rating scale below, to rate how much of a problem each sign was at the end of each day. If you find that some of your early warning signs are persisting for several days in a row and/or you are rating them as 2 or 3 on the scale, then it may be useful to discuss this further with your named nurse / care coordinator or your doctor.

0	1	2	3
not a problem	a little bit of a problem	a significant problem	a big problem

	Your ratings for each day of the week						
Your Personal Early Signs	**Sun**	**Mo**	**Tue**	**We**	**Thu**	**Fri**	**Sa**