



SELF MANAGEMENT

Vancouver
CoastalHealth
Promoting wellness. Ensuring care.

G.F. Strong Rehab Centre



Self Management & Problem Solving

When you are having a problem and you are not sure what to do, try this problem-solving approach:

Step 1: Identify the problem: Start by getting a clear picture of what's wrong.

Step 2: Find the cause: Gather information.

- Try to get a better understanding of what may be causing your problem, and some different ways you might try to solve it. This may involve doing research or consulting health care providers.
- You may also find it helpful to speak with peers, people who have had similar experiences. Make sure you evaluate the reliability of the information you find, and try not to rely on information from only one source.

Step 3: List possible solutions: Based on the information you find, list some things you might try.

Step 4—Try one option & evaluate results: Keep track of what you do and what the results are. If you solve the problem, that's great! If not, you may want to go back to step 3 and choose another option. Problem-solving can involve lots of trial and error.


Step 5—Know when to ask for help:

- Don't try to take everything on by yourself. You can ask your health care team for information and help with your problem-solving, as your needs change over time.
- SCI BC is also a great resource for information and support.



LivingwithSCI.ca

Everything you need to know about SCI.
From the people who've been there



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