



The Life-Balance Puzzle

My Life - my health

You are receiving this information from the transplant team because you have had a transplant.

The Life-Balance Puzzle

Different aspects of life are affected at different times for those living with a long-term illness. Use the puzzle to identify which areas you need to prioritize right now. Go through the pieces together and select up to three areas that require support and change. Also, choose three areas where you need to collectively think.



I am confident that I can handle my everyday life and how to reach out for support.



I can manage this if I am given advice and some support how to start.



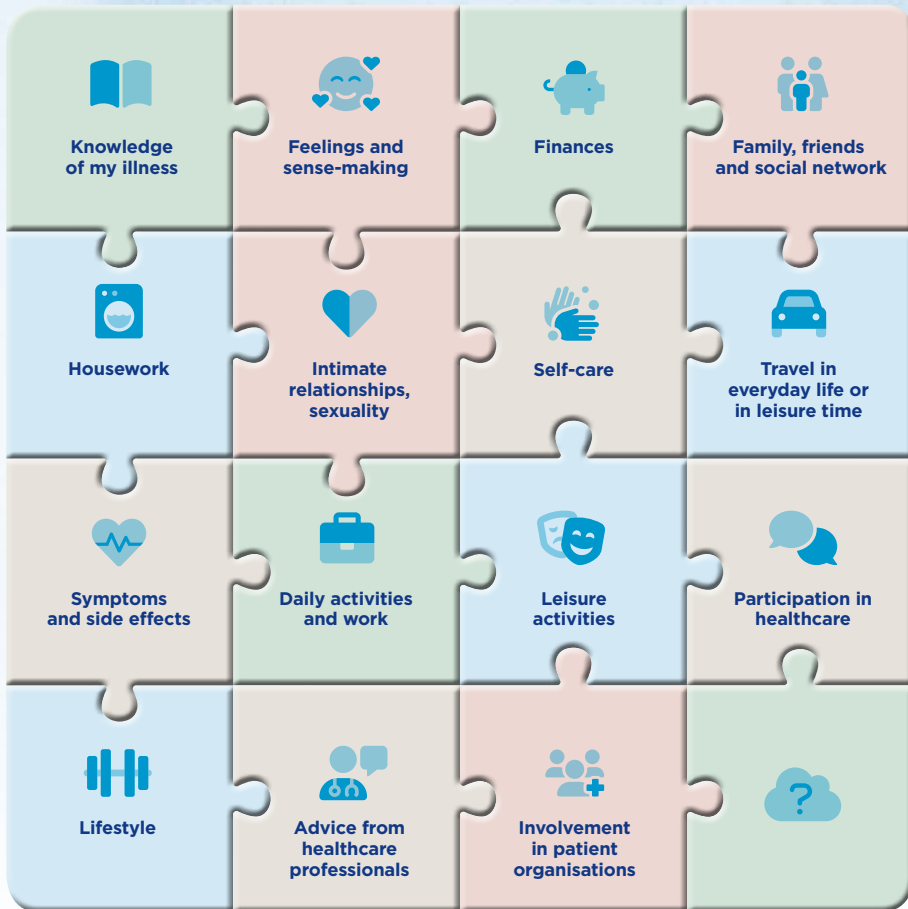
I do not know how to manage this part of my everyday life. I need assistance.

Obstacles and difficulties are listed based on what you can do yourself, what care can assist with, and which possible strategies need to be developed or revised to manage your daily life as a transplant recipient.

Fill out the following leaflet with your thoughts and bring it with you to your appointment with your nurse or


doctor. With the help of this book, you can jointly determine which aspects of your daily life require improvement in order for you to feel good.

There are pages at the end of the workbook that you can fill in yourself if you believe there is an area missing that is important to you.



Reflections today versus before transplantation

Before transplantation





Knowledge of my illness



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Feelings and sense-making

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Finances

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Family, friends and social network

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Housework

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Intimate relationships, sexuality

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Self-care

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Travel in everyday life or in leisure time

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Symptoms and side effects

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Daily activities and work

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Leisure activities

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Participation in healthcare

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Lifestyle

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Advice from healthcare professionals

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Involvement in patient organisations

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(Extra topic)



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Esot.org

Visit [esot.org](https://www.esot.org) to learn more about what it's like to live as a transplant recipient, expand your knowledge, and find contact information for patient organisations and other resources.



This material was developed under a healthcare collaboration between the European Society for Organ Transplantation (ESOT) and Takeda that aims to benefit patient care.

These materials have been reviewed and approved on an international level, local laws & regulations may vary.

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