

My life, my dreams,

my integrated care

In 15 min

My life

Born 10 min walk from here in 1994

Adventurous child, but with a lot of tears

At the age of 4 I got diagnosed with juvenile idiopathic arthritis

Good odds that it would grow away in my teenage years

Skiing, sailing, dancing, theater and more

Moved from home at the age of 15

Transition to adult care

CRASH

Met a consellor at the youth guidance centre

Got elected to be president of The Swedish National Organization for Young Rheumatics

A Swedish Classic Circuit

Ironman 70.3

The Swedish Association of Local Authorities and Regions (SALAR)

Sixten

To be continued...

My dreams

Sail across the Atlantic Ocean



My dreams

Vasaloppet – and a Swedish Classic Circuit



My dreams

The Dreamscale

Help shift focus within health care, to not just focusing on sickness and limitations but rather on dreams, joy of life and possibilities!

Complement to the traditional VAS scale used to assess pain

A tool for patients to set goals towards their dreams, and for patients and health care professionals to co-plan care and medical treatment based on what's most important to the patient

→ The Dreamcatcher

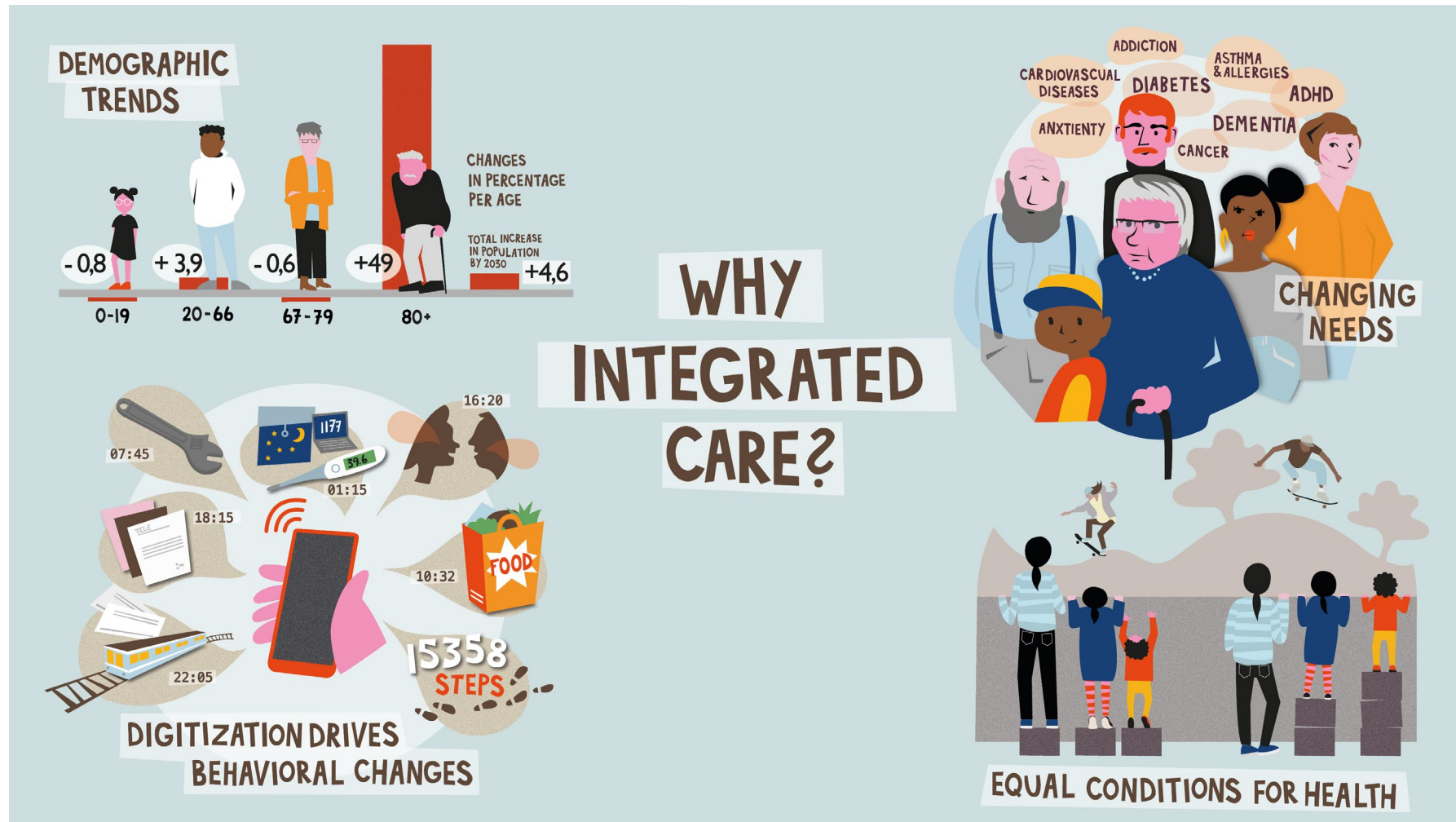


My dreams

Being a great mum to Sixten



My integrated care



My integrated care

Person centered

Welcoming

Flexible

Supportive

Efficient

Understandable

My goal is the common goal

Teamwork make dreams work



2 do

See yourselves and your coworkers as dreamenablers

Feed your mind with possibilities and joy of life

Thank you

