



# WHAT IS A PERSONALISED ADVANCE CARE PLANNING CONVERSATION?

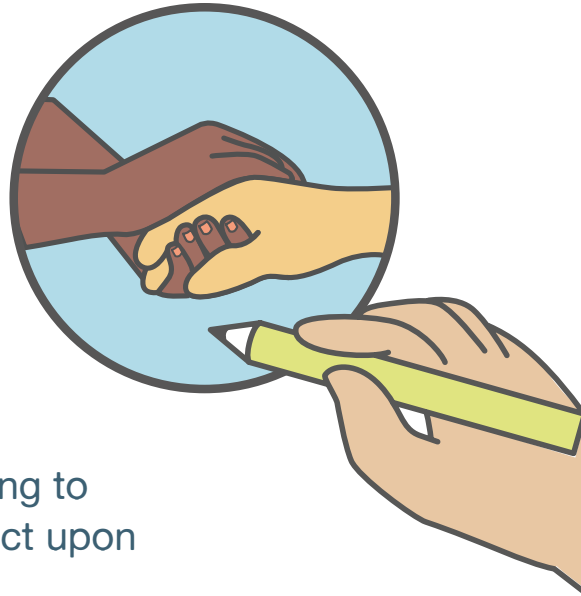
---

## CONTENTS

---

Think about an advance care plan	4
Talk about an advance care plan	6
Record an advance care plan	8
Share an advance care plan	10
Information which may help you	10
Notes	11

Your doctor or other health care professional may have spoken to you about preparing a personalised 'Advance Care Plan'. It's likely that this is because the health condition which you have is now beginning to have an increasing impact upon your life.



Advance care planning can help you to prepare for the future. It gives you the opportunity to think about, talk about and write down your preferences and priorities for future care. You can record anything that is important to you. This booklet can help to give you ideas about what is helpful to think and talk about. You can choose to include whichever parts of it seem relevant and important for you.

An Advance Care Plan is personalised because it is an opportunity to record the things which matter to you when your health is declining.

## THINK ABOUT AN ADVANCE CARE PLAN

---

Whilst an Advance Care Plan is not legally binding, those who care for you should take it into account when deciding which treatment is best for you if you are unable to speak for yourself.

It's important to remember that there are no right or wrong answers. What matters to you will be unique to you.

Thinking about the questions below will help you to create your own advance care plan:

- Who are the most important people in your life? How often do you see them and what do you like to do together?
- What would make a good day for you?
- What would make a bad day for you?
- What do you usually do during the week that you would miss if you didn't do?
- What would your family or best friend say they love and admire about you?



## THINGS TO THINK ABOUT...

---

When recording your preferences and wishes, consider the following:

- Your long term condition and whether your health has become significantly worse and may not improve
- How your condition may progress and how this might:
  - affect the way you live and need care
  - affect the way you think about your treatment
- Your care needs and where they will best be met as they change. For example at a certain point you might find that your needs are better met in a different setting, such as a hospital, or a care home and you will want to think about these options up front

It's a good idea to talk to health care professionals who can help you make an informed decision. It's also important to talk to your family and close friends to ensure they know about your preferences and decisions. A GP or a Nurse can help with these conversations if you don't feel able to do it by yourself.

## TALK ABOUT AN ADVANCE CARE PLAN

---

### **Is there anything that you would rather not happen to you in the future?**

An Advance Care Plan supports you to talk about and record the care you would want to receive as well as treatments that you do not.

For example, you may want to avoid a hospital admission as you approach the end of your life, or may have your own thoughts about receiving intravenous antibiotics or fluids, or having carers.

### **Who would you like to speak on your behalf if you were unable to speak for yourself?**

There are some situations where you may not be able to make a decision for yourself, for example if you have dementia or if you have a severe infection which is making you confused. In these situations, it is helpful to have named someone who would know your wishes and care preferences that would be willing to speak with the healthcare team if you were unable to do so, this is often a relative or friend.



**Mr Tony Bonser, North West Dying Matters Champion, whose son died at the age of 35 after a five-year long illness said:**

“ We need to focus on asking the person who is close to end of life the questions; what’s important to you, what are you missing, what would you like to happen today which would make you feel better? The answers aren’t always what medical people might expect and what most of us would expect. It’s not always about pain relief. It’s not always about being made better. Sometimes they’re really concerned about the state of their garden or their pet or how their relatives are coping. ”

## RECORD AN ADVANCE CARE PLAN

---

### **Communicating your choices**

You can complete an Advance Care Plan on your own, however you will probably find it more helpful to talk about it with your healthcare team. They know about your health and will be able to explain your likely treatment and care options, and what those options will mean for you and anyone caring for you. They can also explain how realistic your preferences are and discuss alternatives if it isn't be possible to meet all your wishes.

### **What if I don't want to talk about it?**

You don't have to talk about it if you don't want to, or you may want to put the conversation off until later.

You may wish to discuss your wishes with your family, close friends, carers or those who you feel know you best. This might help you to make decisions you are comfortable with prior to making an Advance Care Plan.



## What if I change my mind?

You can change your mind at any time and talk to any of the healthcare team caring for you. It is common for feelings and priorities to change over time. You can change your Advance Care Plan whenever you wish to, and it is advisable for you to review and update your plan regularly to make sure it still reflects what you want.

In addition, if you feel you have not had the chance to have a proper discussion with your care team, or you are not happy with the discussions you have had, you can ask to talk to someone about your Advance Care Plan.



## SHARE AN ADVANCE CARE PLAN

Once your Advance Care Plan is completed and agreed, it will be given to you to keep. With your permission, we will take a copy and share this with other health professionals involved in your care. The sharing of this information may be electronically among the members of your healthcare team. Your permission will be asked for this.

You may be asked at various times if you would like to review your Advance Care Plan. This may be if your needs change, for example, you may go into a care home facility, or if you are approaching the end of your life.

## INFORMATION WHICH MAY HELP YOU

Terms commonly used	Useful websites
Why Plan Ahead	<a href="http://www.nhs.uk/conditions/end-of-life-care/why-plan-ahead/">www.nhs.uk/conditions/end-of-life-care/why-plan-ahead/</a>
Mental Capacity Act	<a href="http://www.gov.uk/government/publications/mental-capacity-act-code-of-practice">www.gov.uk/government/publications/mental-capacity-act-code-of-practice</a>
Lasting Power of Attorney	<a href="http://www.nhs.uk/conditions/social-care-and-support/lasting-power-of-attorney/">www.nhs.uk/conditions/social-care-and-support/lasting-power-of-attorney/</a>
Advanced Decision to Refuse Treatment	<a href="http://www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/">www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/</a>





## NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**GET IN TOUCH**

---

**YOUR LOCAL PRACTITIONER**

---