PLANNING AHEAD WHAT IS ADVANCE CARE PLANNING?

A PROCESS OF THINKING, TALKING, AND PLANNING FOR YOUR FUTURE HEALTHCARE NEEDS IN CASE YOU ARE UNABLE TO MAKE DECISIONS FOR YOURSELF.

IT INVOLVES DISCUSSING YOUR VALUES, BELIEFS, AND PREFERENCES WITH YOUR LOVED ONES AND HEALTHCARE PROVIDERS AND HAVING AN OPPORTUNITY TO DOCUMENT YOUR WISHES.

WHY PLAN
AHEAD FOR
YOUR
FUTURE
CARE?

Letting your care team, doctor, nurses and carers know what is important for you....

An opportunity to involve your family in care decisions...

Recording your wishes on the right documents at the right time...



WHY SHOULD I PLAN FOR MY FUTURE CARE?

- Thinking ahead and making plans for changes in your health gives you more control over what might happen
- We can help you plan for when you become more ill or need help in an emergency
- An opportunity to record anything you do not want to happen
- Help to manage changes if your health, wellbeing and family circumstances alter

WHAT'S AVAILABLE?

- Anticipatory care plan
- Advance Decision to refuse treatment (Advance directives)
- Recommended Summary Plan for Emergency Treatment (ReSPECT process)
- Making a will
- Power of Attorney
- Four online ACP tools
- Information for Corneal Donation



www.mywishes.co.uk

http://advancecareplan.org.uk

www.compassionindying.org.uk

https://mydecisions.org.uk

FURTHER INFORMATION ABOUT THE RESPECT PROCESS

- ReSPECT (Recommended Summary Plan for Emergency Care and Treatment) is a form of advance care
 planning that aims to improve communication between patients, families, and healthcare providers in
 an emergency-situation.
- It includes a summary of your current health status, treatment preferences, and any medical conditions that may affect your care.
- This enables health care professionals to provide the right treatment at the time, in line with your wishes and values.
- In summary advance care planning and ReSPECT help you to plan-ahead your healthcare needs and ensure your wishes are respected even when you are unable to communicate.
- It is not a legal document and a patient or carer cannot demand a treatment or intervention.
- https://www.resus.org.uk/respect/respect-patients-and-carers

WHO CAN HELP ME?

- Contact your hospice community nursing team, specialist doctor or hospice consultant through our health advice number:
- St Wilfrid's Hospice Nurse-line 01323 434 222
- Or your GP surgery