

# Advance Care Planning Thinking ahead

## My wishes



This information leaflet is a guide to support planning ahead and advance care planning discussions. It can support patients with a life limiting condition and their families, who wish to consider their wishes and preferences for the future.

**To help you to organise your thoughts around future care and what is important to you.**

In life we prepare for many things – birth, education, marriage and retirement. We may also wish to prepare for a time of failing health and approaching end of life.

There may come a time when we lose our capacity to make decisions but would want our wishes known.

It can be difficult to discuss such issues, but for some patients and families, this may be very important. Having a clear sense of someone's wishes and doing as much as possible to plan ahead can give someone the freedom to get on with living now.

Medical, nursing and care teams will be able to give you guidance and advice as you start to think about these things. This can help you feel less overwhelmed about the number of, and sometimes difficult, decisions you might need or wish to make.

Talking about your wishes for future care and writing down your preferences can help those who care for you understand what is important to you. This can inform your care plan and make sure that your preferences and wishes for future care are known and understood by your care team, should you ever be in a position that you cannot tell them yourself.

## Discussions that may be helpful

### Understanding your illness or condition

- What is the nature of your illness or condition.
- What to expect in the future in relation to your illness or condition.
- Sharing the uncertainty of the situation - very often it is difficult to predict the course of someone's illness and you may wish to discuss this with healthcare professionals.
- Your thoughts about treatment or future medical care.

### Understanding and planning for your future care

- Options about where you might wish to be looked after.
- Care that may be available to help you stay at home.
- Care provided by nursing homes and residential homes.
- Some people like to talk about where they would like to be cared for towards the end of their life.
- Who you would like involved in your care.
- You may wish to consider attending to decisions such as Lasting Power of Attorney, Advance Decisions to Refuse Treatment, or making a Will.

## Personal wishes

- Wishes and preferences – these are wishes that are personal to you as an individual. They may include anything that you feel is particularly important to you and your family.
- The name of a person you wish to be consulted on your behalf. If you do not have family close by this could be a friend or someone from a local advocacy service. Please ask for details about the service in your area.
- Any particular religious, spiritual or cultural beliefs that you may have and you would like to make known.

## Things to remember

- Entering into discussions is entirely voluntary. The only legally binding decision some people wish to make is an Advance Decision to Refuse Treatment (ADRT).
- Any decision you make can be changed by you at any time.
- Your health condition can change, and this can influence your ongoing decisions.

The form on the next pages documents my wishes and preferences that are important to me now and in the future. Should I lose capacity to express my wishes and preferences, this information can support those looking after me to know what is important to me and help inform my care plan.

**My wishes and preferences can be changed by me at any time**

My Name:

I like to be called:

Date of Birth:

Telephone Number:

NHS Number:

What is important to me: e.g. Family, pets, home

When planning my care for the future, I would like you to consider: e.g. treatment options, particular wishes

I would like these people to be involved in my care and know what my wishes are:

As my condition changes, or as the end of my life approaches, I would like to be cared for here:

## Important information

I have a Lasting Power of Attorney  
(LPA) for Health & Welfare:

☐

I have a Lasting Power of Attorney  
(LPA) for Property and Financial Affairs:

☐

Name of person with LPA for Health & Welfare for me:

I have a Treatment Escalation Plan e.g.ReSPECT:

☐

I have a Do Not Attempt Cardio  
Pulmonary Resuscitation Decision:

☐

I have an Advance Decision to Refuse  
Treatment (legally-binding decision):

☐

Where this information is held:

Other thoughts and notes:

This form can be completed by your next of kin, family,  
carer, representative, or person who knows your  
wishes and preferences.

Name and contact details:

## Useful Contacts

GP name and  
telephone number:

Community nursing contact numbers

York and Selby

Single Point of Access (SPA):      **01904 721200**

Scarborough & Ryedale Community

Access Service (CAS):      **01653 609609**

East Riding of Yorkshire City

Health Care Partnership (CHCP)      **01482 247111**

Out of hours:

Any additional numbers important to you:

## Useful terms to discuss and understand

- Advance care planning (ACP)
- Do Not Attempt Cardio Pulmonary Resuscitation (DNACPR)
- Advance Decision to Refuse Treatment (ADRT)
- Lasting Power of Attorney for Health and Welfare (LPA)
- Treatment Escalation Plans e.g. ReSPECT:  
[www.respectprocess.org.uk](http://www.respectprocess.org.uk)

If you or your family wish to discuss your thoughts or wishes or would like some clarity about medical decisions and the plan of care, please speak to your healthcare professionals.

## Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We listen to feedback (positive or negative), answer questions and help resolve concerns about Trust services. Contact PALS on 01904 726262, or email

[yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net)

An answer-phone is available out of hours.

## Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)