

**THINKING AHEAD**

This leaflet is about **Advance Care Planning**

for Patients and Carers

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What is **Advance Care Planning?**

**Advance care planning** is a way to record your wishes about your care

It is for people who have a life limiting or life threatening illness which is when someone has a condition that cannot be cured

Palliative care is about how you look after someone who has a long term condition that cannot be cured

This leaflet is used with the Thinking Ahead document

This helps you think about what you might want to put in your own Advanced Care Plan

**Advance Care Planning** is about having a talk with people who care for you. This may be a nurse, your doctor, or any health or social care professional, a carer or family members

You may decide to have this talk when something changes, when someone close to you dies or when you become ill

You do not have to have an Advance Care Plan it is your choice if you want one or not

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What happens to my **Advance care Plan?**

After you have had an Advanced Care Plan talk with people you know, your wishes will be put into a plan called **Thinking Ahead**

This is then your own **Advance Care Plan**

You will have a copy of your advanced care plan to keep

Anyone in your health and social care team can have a copy of your plan if you want them to

What if I want to change **Advance Care plan?**

You can change your mind about your plan at any time. It is your plan

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What can go into an **Advance Care Plan?**

Each person’s Advance Care plan will be different It is personal to you

Things that might be included in your talk could be

* What is it that makes you happy or you feel is important to you?
* Practical Issues – like who will look after your dog if you become ill?
* Where would you like to be cared for?

Who would you like to speak up for you if you are not able to speak for yourself.

This may be information about your wishes to help decisions about your care.

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What is **Lasting Power of Attorney**?

You can ask someone to represent you as a lasting power of attorney to manage your property and money or to make decisions about your health and care.

What is an **Advance Decision to refuse treatment?**

An advanced decision is a document you make if you want to refuse specific treatment should you become unwell.

It is made when you are well and are able to understand the implications of refusing specific treatment.

Your decision must be written and state the specific treatment you are refusing, why you are refusing, and under what circumstances

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The advance decision will always be about what you don’t want to happen (refusing treatment)

An advance decision is legally binding on carers and health professionals if you lose capacity

Your health professionals will able to talk to you about making advanced decisions

It is important to remember you can change your mind at any time

