

## Things to remember

Entering into these discussions is entirely voluntary. The only legally binding decision some people wish to make is an Advanced Decision to Refuse Treatment.

You can change your mind about any decision at any time.

Your health can change and this can influence your ongoing decisions

## Advance Care Planning is a process:

### Step 1: Think

What's important to you, what would you want to happen or not to happen if you became unwell?

### Step 2: Talk

Talk with friends and family.

### Step 3: Record

Write down your thoughts and wishes as your own Advance Care Plan.

### Step 4: Discuss

Discuss your plan with your doctor, nurses and carers. This might include discussion about resuscitation or refusing future treatment.

### Step 5: Share

Share your Advance Care Plan with others who need to know about you, through your health records or other means. Review it regularly.

For more resources to help with Advance Care Planning, you can visit <https://someset.eolcare.uk>. You could also make an appointment to see one of our Health Connectors, who could help you start thinking about those initial conversations and give you more information about local support services. Health Connectors work alongside your GP practice to offer support with your health and wellbeing.

To find out more

**Call:** 01373 468368

**Email:** [mendip.healthconnections@nhs.net](mailto:mendip.healthconnections@nhs.net)

**Visit:** [healthconnections@nhs.net](http://healthconnections@nhs.net)

# Planning Ahead

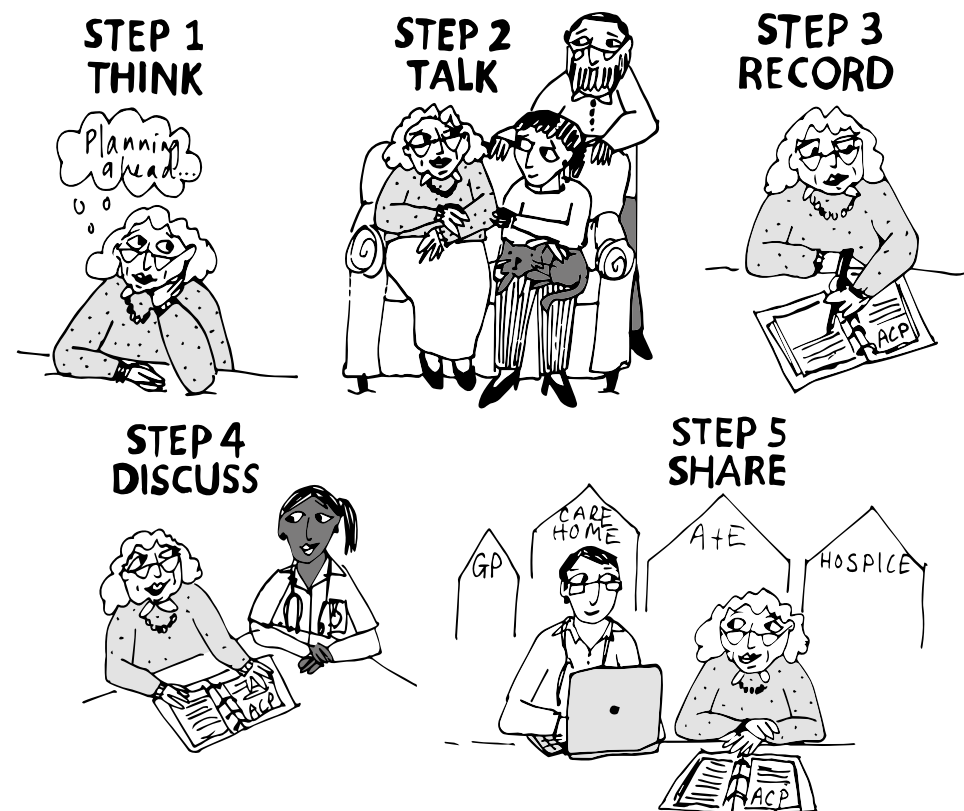


## A Guide for Patients, Families and Carers

This leaflet is an introduction to planning ahead which is also known as advance care planning.

Planning ahead helps you reflect on what is important to you. It gives you the chance to think, talk, record, discuss and share your priorities and wishes for when you might become less well or be at the end of your life.

We all deserve the opportunity to consider what might be important to us towards the end of life.



**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.**

Having a clear sense of your wishes and doing as much as possible to plan ahead can give you the freedom to get on with living now.

Talking about your wishes for the future and writing down your preferences can also help people understand what is important to you and can help them follow your wishes in the future or if you become unwell.

It's helpful to discuss your wishes with your family and friends. Other people such as a Health Connector can help you by giving you time to think about your wishes and preferences.

Your doctors or nurses can then help you understand your medical options and what sort of care you might need.

This can all then be written up in an Advance Care Plan (ACP). You can then share your ACP with your friends, family, medical professionals and those involved in your care. This will be important if you are ever in a position that you cannot tell them yourself.



**Your Advance Care Plan can include anything about your future care and wishes. You might want to think about the following questions:**



- How would you like to be looked after?
- Where would you like to be looked after in the future if you were to become unwell?
- Are there any spiritual, religious or cultural beliefs you would like taken into account?
- Who would you like to spend time with?
- Who should your doctors or nurses talk to if you become unable to make decisions?
- Do you want to appoint someone to make decisions on your behalf if you're unable to make them (this is called a lasting power of attorney)?
- Have you written a will?
- How you would like practical matters dealt with, such as the care of a pet?
- Have you thought about your funeral?
- Do you have particular resuscitation wishes or Advance Decision to Refuse Treatment?
- Is there anything else that is important to you?