



Planning for your future care

A guide to advance care planning



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You may wish to take this opportunity to think about what living with a serious illness will mean to you and your family, particularly if you become unable to make decisions for yourself or if for any reason you are unable to express your wishes.

What is advance care planning?

Advance care planning is a process of discussion between you and those who provide care for you, for example your nurses, doctors and family members. During this discussion you may choose to express some views, preferences and wishes about your future care.

Aspects of advance care planning

Advance care planning is an entirely voluntary process and no one is under any pressure to take any of the following steps.

What you can do:

- ♥ Explore your options
- ♥ Identify your wishes and preferences, you may wish to write them down
- ♥ Consider if there is any specific treatment that you wish to refuse
- ♥ Ask someone to speak for you
- ♥ Ask someone to make decisions for you using a Lasting Power of Attorney
- ♥ Let people know your wishes

Key points about advance care planning:

- ♥ You may wish to discuss your wishes with your carers and family
- ♥ You can also complete one of the available Advance Care Planning documents
- ♥ Include anything that is important to you no matter how trivial it seems
- ♥ If you wish to refuse a specific treatment, consider making an advance decision to refuse treatment – this will only be used if you lose the ability to make your own decisions
- ♥ If you make an advance decision that refuses treatment that is life sustaining it must be in writing, signed and witnessed
- ♥ If you have named someone to speak for you or have a Lasting Power of Attorney remember to write down their name
- ♥ If your wishes are in writing or if you have a Lasting Power of Attorney keep a copy in a safe place
- ♥ Provide copies to those who need to know your wishes eg nurse, doctor, carer or family member

Remember you can change your mind at any time.

Where to find further information

Further information is available on a number of websites. You may be able to get help to access these through your community nurse, GP, social/healthcare worker or local library.

The healthcare professionals may also be able to provide further information and guidance.

1. The Office of the Public Guardian

The Office of Public Guardian is there to protect people who lack capacity to make decisions themselves – their website contains useful information about the mental capacity act and the lasting power of attorney.

www.publicguardian.gov.uk

2. Gold Standards Framework – advance care planning

goldstandardsframework.org.uk/advance-care-planning

3. Preferred Priorities for Care

This is an alternative document which can be used to help you write down your preferences and wishes for the future.

Search “preferred priorities for care” or www.dyingmatters.org/sites/default/files/preferred_priorities_for_care.pdf

4. Advance decisions to refuse treatment website

A training website for professionals which contains a helpful patient section regarding advance decisions to refuse treatment.

Search “advance decisions to refuse treatment” or www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/

About Saint Francis Hospice

Saint Francis Hospice, rated outstanding by the CQC, is an expert in providing care for people in our community with palliative and end of life care needs.

We provide support and care for any person from any faith or cultural background diagnosed with a serious life-limiting illness and living in Havering, Barking and Dagenham, Redbridge, Brentwood or parts of West Essex. Saint Francis Hospice has been offering expert, compassionate advice and support for over 40 years.

Confidentiality

At Saint Francis Hospice we are committed to upholding your rights to confidentiality and protecting your privacy. We will treat your information with respect. Keep it secure and comply with the requirements of the Data Protection Act 2018 including GDPR. Our privacy notice is available on request or by visiting our website www.sfh.org.uk

The Hall
Havering-atte-Bower
Romford
Essex RM4 1QH

Call: 01708 753319

Email: mail@sfh.org.uk

Visit: www.sfh.org.uk

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