

What is Advanced Care Planning?

Thinking about what you want to write in
your Advanced Care Plan.



You can ask someone you trust to help
you read and understand this
information



If you feel that you would like more information about this, you can talk to your GP or learning disability nurse, who can help.



They can help explain the advanced care plan to you and help you complete it.



They can answer any questions you might have.



They can help make sure all your health and social care professionals know about your choices.



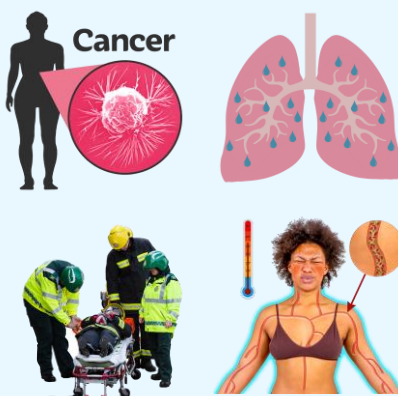
This leaflet has information to help you talk about what is important to you, for when you die. This is called Advanced Care Planning.



Advanced care planning is about making sure your wishes and feelings are listened too. Even if you are not able to say them anymore.



Thinking and talking about death can be difficult. You do not have to talk about this if you don't want to.



People die for different reasons. This could be illness, because of an accident, or because of lots of health problems they had.



You can choose who to tell about what you would like to happen when you get very ill, or when you die.



Before you decide, make sure you talk to your family, partner or important people such as religious leaders about your plan.



If you're dying you can choose if you want medical treatment to help you live longer, or to have no treatment.



Some people decide that they do not want to go to hospital but would rather stay at home.

What your advanced care plan might have in it.



How you like to communicate.



Who is important to you.



What's important to you during your day and night.



Your funeral plans for when you die.



What your favourite things are and what you want or don't like.



You can draw or write your advance care plan. You can ask someone you trust to help you.



It is good to talk about your advance care plan when you are well. You can ask someone you trust to help you.



It is ok to change your mind about your advanced care plan at any time.



You may want to think about having a Lasting Power of Attorney. They can make decisions for you when you are too unwell to make them yourself.



If you do not have capacity, the law protects you by making sure any decisions about your care are made in your best interests.

**On the following pages is the Easy Read Advanced
Care Plan**

My Advanced Care Plan Easy Read



You can ask someone you trust to help you read and understand this information



This plan helps you to talk and make decisions about what is important to you, for when you die. This is called Advanced Care Planning.



Advanced care planning is about making sure your wishes and feelings are listened too. Even if you are not able to say them anymore.



It is good to talk about your advance care plan when you are well. You can ask someone you trust to help you.



There is an easy read leaflet about advanced care planning.



If you feel that you would like more information about this, you can talk to your GP or learning disability nurse, who can help.



They can help explain the advanced care plan to you and help you complete it.

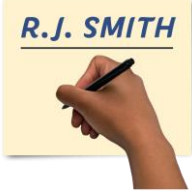









They can answer any questions you might have.

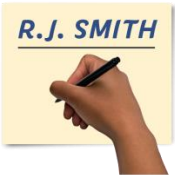








They can help make sure all your health and social care professionals know about your choices.

Key Information

	<p>My name</p> <p>I prefer to be called</p>	
	<p>My address</p>	
	<p>My telephone number</p>	
	<p>My email</p>	
	<p>My GP surgery</p>	
	<p>My GP's name</p>	
	<p>My GP's telephone number</p>	
	<p>Date of this care plan</p>	

This is who is important to me

	Their name	
	How I know them	
	Their address	
	Their telephone number	
	Their name	
	How I know them	
	Their address	
	Their telephone number	

I have a Lasting Power of Attorney or Deputy for:

My Finances

My Health and Care

This is how you can best communicate with me

How do you need to have written information?

Big writing?

Symbols?

Photographs?

These are the things I like

Do you like music? What is your favourite music?

What do you like to watch on television?

Who do you like spending time with?

How do you like to have your hair?

What clothes do you like to wear?

These are things I don't like

Are there things that you do not like?

Are you scared of anything?

Is there anything you are worried about?

This is my routine

Are there things that you do every day?

What time do you get up?

What time do you go to bed?

Do you like a bath or a shower?

This is what I like to eat

What do you like to eat?

What do you not like to eat?

What time do you like to eat?

This is where I would like to be if I am not well

Do you want to go to hospital?

Would you prefer to stay at home?

My medical history

What conditions do you have?

What treatments or medical care are you having?

My decisions about my treatment

What would you want if you become sick?

What wouldn't you want if you become sick?

After I die

What would you like to happen after you die?

Would you like to be buried?

Would you like to be cremated?

What would you like to happen to your possessions?

How would you like people to remember you?