

Advance Care Plan (Planning my Future Care)

As individuals we may wish to put-in-place a record of what is important to us so that if we experience ill-health or an unforeseen event, like an accident, and become unable to make decisions we can be reassured by knowing we have already made clear our preferences.

This will help your family, carers, friends and professionals to discuss your future care with you.

None of us can identify exactly how our life will progress and how our end of life will look. Designing this plan gives you the opportunity to start these conversations, make your decisions or at least make your preferences known and clearly noted.

We have designed a draft plan that we hope you will find useful. Please feel free to amend it to suit your requirements. You may like to add photos to your plan.

This plan is not a legal document, but should you chose to use it please keep it safe so people can refer to it should the need arise.

You may find it useful (if you haven't already done so) to have a file of important papers. While you may know exactly where to put your hands on them, your family may have the distress of searching through drawers when they need to find important papers quickly.

There are several documents that people, even in excellent health may wish to consider, to ensure they are discussed, actions taken and then left until such a time as they are needed. We hope this plan will act as a top sheet for your important information file.

We have included details suggested by carers who have had the experience of a death in the family and struggled to locate important information.

If you are worried about your memory you might find it useful to complete "this is me" a leaflet that gives greater detail about your likes and dislikes, in case you need to go to somewhere unfamiliar such as hospital.

If you need help with any of these documents then speak to your health or social care advisor or contact the Citizens Advice Bureau or Age UK who may be able to help.

Please keep this document in a safe place with other relevant documents. Remember to review it on a regular basis.

Tell the people you trust where they can find it.

My Personal Details

My first name:	My religion / spiritual faith is:
Surname:	
Maiden name:	My GP details are:
I prefer to be called:	
Date of birth:	My solicitor's details are:
Place of birth:	
National Insurance number:	
My NHS number:	Executor details:
My husband / wife / partner is called:	
I live with:	
My home address:	Job title and employer:
My phone number:	Accountant details:
My mobile number:	
My e-mail address:	

Who and What is Important to Me?

People who are important to me:

Places or things that are important to me
(e.g. this could be your home, items of
furniture or even places you have been on
holiday and really enjoyed):

Pets who are important to me:

The way I live my life that is important to me.(e.g. this could be that you like to have
everything tidy and in its own place, or personal – e.g. spiritual / religious preferences, or
particular ideas for your hair / clothing):

My Future Care Preferences

Most people prefer to live in their own home for as long as possible, however it may be that you become too sick or unable to care for yourself. Do you have preferences you would like people to consider in this regard? (e.g. this could be a particular residential home or area you would like to live in):

What I don't want to happen or prefer not to happen (e.g. I would prefer not to die in hospital, but in my own home):

Family / carer comments - things they would like to record either that have been discussed and agreed or that you still are considering:

Is There Anything Else You Would Like Anyone Reading This To Know?

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My Important Papers

Please record if you have the following documents:	Yes	No
Organ Donor Card		
End of Life Preferred Priorities of Care (available through end-of-life healthcare professionals)		
Advance Decisions to Refuse Treatment (see www.adrtnhs.co.uk for more information)		
Do not attempt Cardio Pulmonary Resuscitation Form		
Lasting Power of Attorney – 2 types: 1) Property and Financial Affairs 2) Health and Welfare Both are legal documents. They don't specifically have to be drawn up by a solicitor, but LPAs must be registered with the Office of the Public Guardian (see www.justice.gov.uk/global/forms/opg/lasting-power-of-attorney/index.htm)		
Funeral Plans		

*Please try to keep these documents all together,
so that it's easy for anyone trying to track things down for you.
Tell people you trust where they can find these documents.*

Family Members / Informal Carers

Name	Relationship to me	Phone number	Do they hold a copy of your plan? (Y / N)	Next of Kin (Y / N)

Any Professionals Involved

(e.g. Social Care Practitioner / Nurse)

Name	Role	Organisation	Phone number	Do they hold a copy of your plan? (Y / N)

Signed By

Your name:

Witnessed by:

Date: