

Frimley Health and Care



Advance Care Plan for Adults



A copy of this booklet should also be kept in your health care records.

Your details

Name:

Address:

Contact telephone number:

Advance Care Plan

The Advance Care Plan is a non-legally binding document to record your preferences and wishes for the future. Completing this is a completely voluntary process and one you can start yourself, delegate to someone you trust, defer completing it for the time being or discontinue any time you wish. You can decide who you want to involve in this conversation. It is good practice to involve those important to you, including your family and carers, but your right to choose who to involve will be respected and supported. You may express your priorities for your future care as part of this conversation, even if you do not currently suffer from significant ill health. This booklet is to be held by you, but should be discussed with your health care professionals so that when you become ill and have need of care and treatment, all those involved in supporting you know your wishes.

Advance care planning is as important for children and young people and their families. Information and the Advance Care Plan document can be found on the Children and Young People Advance Care Plan website www.cypacp.uk

**For more information please see the
'Frimley What is an Advance Care Plan?' leaflet**

ReSPECT

Your Health Care Professional may suggest that the information in this document is summarised in your **ReSPECT Plan**:

ReSPECT

**a Recommended Summary Plan
for Emergency Care and Treatment**



Once completed this can be stored in your NHS computer records so all health professionals have access to information on your wishes, and also be kept with you in your place of care. This may include your GP, ambulance services, district nurses, hospitals, care homes, domiciliary care staff, specialist teams involved in your care, Out of Hours services, and those important to you who may be contacted in an emergency.

Advance care planning can:

- Help everyone, irrespective of age or state of health, to begin to think about their future
- Help you, your family, carers and health professionals understand what is important to you
- Provide an opportunity for you to discuss and record your wishes in writing
- Ensure that your priorities will be considered and respected as a guiding principle
- Enable your views and wishes to be respected if you cannot make decisions

Completing this document

Everybody involved in these conversations understands that you may not be fully prepared for these conversations. You may not yet have a clear idea of what matters to you for your future care. You may not wish to discuss your future care and treatment, and we will respect and record this.

If there is not enough space, please use an additional sheet of paper to record extra information. This document covers your wishes and preferences in relation to your future care. You may also wish to consider an Advance Decision to Refuse Treatment and/or a Lasting Power of Attorney.

Making changes

Your feelings and preferences may change over time; it is advisable to review your plan regularly to ensure it still reflects your wishes. You can either complete a new Advance Care Plan booklet or sign and date any alterations and let your health care professional know about the changes.

Everybody involved in these conversations understands that these conversations change over time. The conversation should not routinely be a one-off event. Even when the urgency of an emergency situation requires an immediate conversation, further opportunity to discuss, review and update your wishes will be offered.

Take this booklet to all your relevant healthcare appointments and please tell them if you have made any changes.

Questions to consider

Please give details below:

- 1. Do you have any special requests or preferences regarding your future care?**

(consider how much you like to be involved in all decisions about your care)

- 2. If your condition changes and you become unwell, where and how would you most like to be cared for?**

(consider being taken or admitted to hospital, at home (including care home) or hospice care. Also consider the support you might need to live with your condition(s) in the future)

3. Is there anything you would ideally like to avoid happening?

(consider treatment (including medication) or resuscitation if these are things you wouldn't want)

4. Do you have any comments or wishes that you want to share with others?

(Consider who you would like to look after dependents and pets etc. should you be unable to do so)

5. Who else would you like to be involved if it becomes difficult to make decisions?

(Consider next of Kin, carer or representative etc.)

6. Do you have have a Lasting Power of Attorney?

Finance: Yes No **Health:** Yes No

This is a legally binding document and only applies if you lose the ability to make decisions for yourself and is only valid once it is registered with the office of the Public Guardian.

7. Have you made an Advance Decision to Refuse Treatment?

Yes No

(please give a copy to your health care professional)

This is a legally binding document which allows a person to refuse treatments. To be valid an Advance Decision must be made before you lose the ability to make such decisions.

8. Have you made a Will so that your preferences and wishes are known?

Yes No

9. Have you had a **ReSPECT** conversation about what would happen in an emergency if you were unable to express your wishes?



Yes No

10. Have you considered organ or tissue donation?

Yes No

11. If you wish to become a donor you will need to discuss it with your health care professional, then register to become an NHS Organ Donor and inform your family of your wishes.

Are you registered for organ donation? Yes No

www.organdonation.nhs.uk/

12. What are your religious or spiritual wishes?

(consider what would be important regarding religious, spiritual or cultural concerns for you should you need care or treatment at home or in hospital). Is there someone specific you would like to be involved? If so share their details e.g. spiritual leader or family member

Statement of your wishes and care preferences

Please confirm this is a true record of your wishes at this time:

Your name

Signature and date

Details of any family members or carers involved in advance care planning discussions:

Name and relationship

Details of health care professionals involved in Advance Care Plan discussions:

Name and role

Details of any interpretation services required in the completion of this Advance Care Plan

(may include translation or sign language etc.) N.B this should be carried out by an independent service not a family member.

Name and Service

Are you happy for the information in this document to be shared with relevant health care professionals involved in your care?

Yes No

Advance Care Plan review

It will be important to review this document on a regular basis to ensure it continues to represent your wishes. Please ensure you tell your healthcare professional of any changes so that your most up to date wishes are recorded and stored electronically as appropriate.

Date

Changes or additions

Signature

Lasting Power of Attorney (LPA) Personal Welfare

This allows you (if you are over 18) to choose someone to make decisions about your health care and welfare. This includes decisions to refuse or consent to treatment on your behalf. These decisions can only be taken on your behalf when you lack capacity to make decisions yourself. This is legally binding document. All LPAs must be registered with the Office of the Public Guardian to be valid.

www.lastingpowerofattorney.service.gov.uk/home

Advance Decision to Refuse Treatment

An advance Decision to Refuse Treatment (previously known as a Living Will or Advance Directive) is a legally binding document which allow you to make a decision to refuse a specific type of treatment.

Sometimes you may want to refuse a treatment in some circumstances but not others. If so, you must specify all the circumstances in which you want to refuse a particular treatment.

There are rules if you wish to refuse treatment that is potentially life sustaining, for example ventilation. An Advance Decision to refuse this type of treatment must be put in writing, signed and witnessed.

An Advance Decision to Refuse treatment will only be used if at some time in the future you lose the ability to make your own decisions about your treatment.

www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/

Allowing Natural Death (Do Not attempt Cardiopulmonary Resuscitation (DNA CPR))

As part of your **ReSPECT** discussion, your health care professional may discuss your wishes around Cardiopulmonary Resuscitation (CPR). This is an emergency treatment which tries to restart a person's heart or breathing when it has stopped suddenly i.e. interrupting the natural death process. CPR only works in certain situations. People who were previously well and who have specific types of cardiac arrest are much more likely to respond. In people with very serious, advanced illness only about one in a hundred who receive CPR will recover enough to leave hospital.



The ultimate responsibility for the decision usually rests with the consultant in hospital or your GP at home or care home, although you, your family and or your healthcare proxy may be consulted as appropriate.

If CPR is not appropriate this will not prevent you receiving other appropriate treatments for your comfort and dignity.

www.resus.org.uk/respect/respect-healthcare-professionals

For further information

Your Health Care Professionals involved in these conversations will be prepared and have most of the information you might need available. If they are not able to answer your questions during the conversation, they will seek further information or involve other colleagues as appropriate. A range of resources and relevant information are available to support you with your planning. This includes culturally appropriate resources, information being available in easy read versions and in different languages etc.

Information on advance care planning is available in a booklet called 'Planning for your future' booklet produced by the NHS. You may be given a copy of the booklet by your health care professional as part of your discussion before completing an Advance Care Plan or you can download a copy from the NHS website: www.nhs.uk/livewell/endoflifecare/documents/planning_your_future_care%5B1%5D.pdf

Advance care planning:

www.nhs.uk/conditions/end-of-life-care/why-plan-ahead/

Planning ahead for your future treatment and care:

www.mydecisions.org.uk

Useful contacts

Name:

Contact telephone number:

Frimley Health and Care



If you require translated copies of this booklet,
please email: frimleyicb.endoflifecare@nhs.net

Frimley Health and Care website:
www.frimleyhealthandcare.org.uk



ASCOT • BRACKNELL • FARNHAM • MAIDENHEAD • NORTH EAST HAMPSHIRE • SLOUGH • SURREY HEATH • WINDSOR