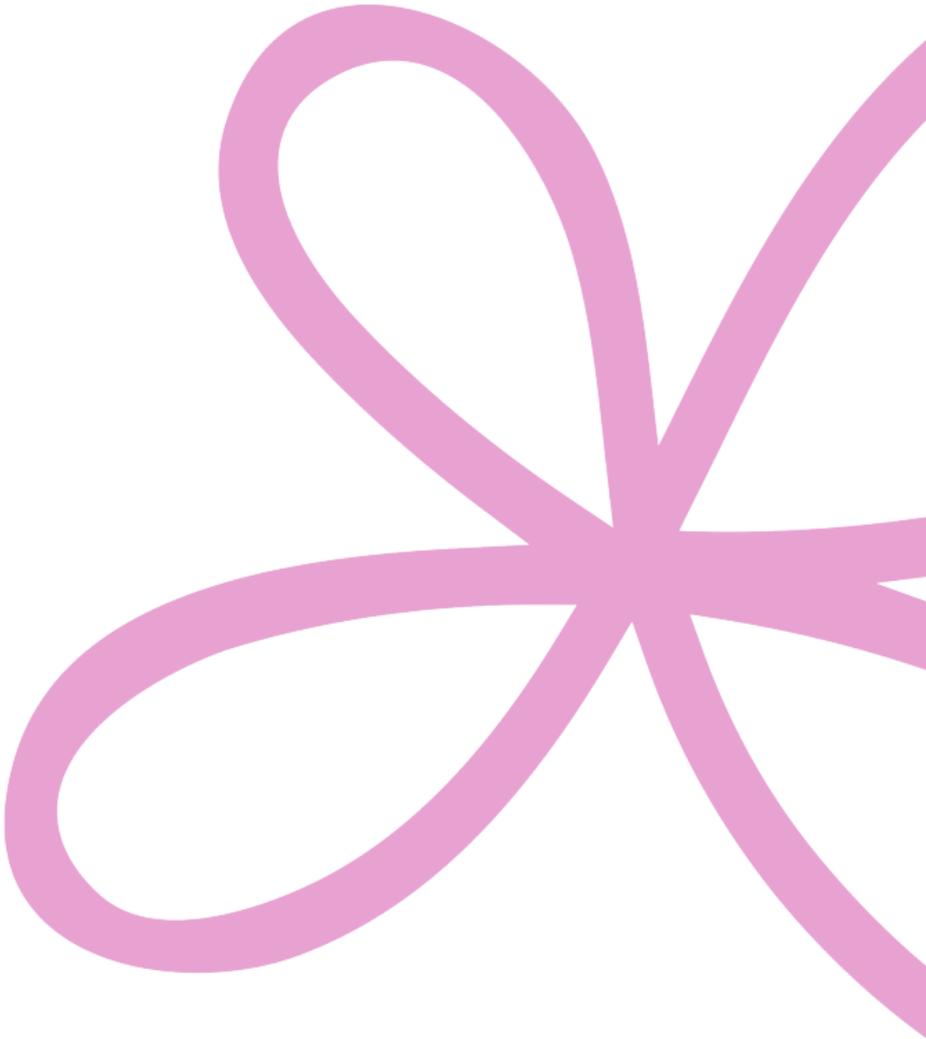




**ADVANCE CARE
PLANNING**



Why should I plan ahead?

Being diagnosed with a life-limiting illness, growing older or approaching the end of your life may make you think about what your wishes would be as you become more unwell. Writing down your preferences can help to ensure the care you receive is tailored to these wishes.

What is Advance Care Planning (ACP)?

ACP is the process of thinking about, discussing and documenting your wishes for your future care. This is often completed in discussion with a health care professional. It can take place at any time, but is sensible to do while you are still well enough.

Advance care planning should include everything that is important to you, your preferences and choices about your future care. It might include, for example, where you want to be cared for at the end of your life, or what you want to happen to a pet if you can no longer look after them.

Where can these wishes be written down?

There is a document called 'preferred priorities of care' which can guide you through some questions and ideas to think about. However, you do not need to use a formal document to record your preferences. It may be helpful to write down your wishes to show those involved in your care. This document is not legally binding but helps professionals to know what is important.

Can I change my mind once I have completed the document?

You should review your preferences regularly and can change your mind at any time.

What is an Advance Decision to Refuse Treatment (ADRT)?

This is a legally binding advance decision to refuse certain treatments in specific circumstances. Sometimes people wish to refuse for example, tube feeding or cardiopulmonary resuscitation. An ADRT is normally completed in discussion with medical professionals.

If you wish to refuse certain treatments, this needs to be written down, signed and witnessed. Once completed, this is legally binding, but you can still change your mind. Copies of this should be given to those involved in your care.

What is a Lasting Power of Attorney (LPA)?

This is the process of legally appointing a trusted individual (called an attorney) to make decisions on your behalf in the future, if you become unable to make decisions for yourself.

There are two forms of LPA, one for finances and property and one for health and personal welfare. The health and welfare LPA the person chosen to represent your wishes, called your attorney, to make decisions regarding medical treatments and future care on your behalf. LPAs must be registered with the Office of Public Guardian.

What if I don't want to plan for the future?

This process is entirely optional. We understand that it is not right for everyone, but it can help to guide your care and treatment. If you do not want to talk about ACP, let your doctor or nurse know.

If you do become more unwell, and are unable to make decisions yourself, your doctors and nurses will make decisions at the time which they think are in your best interests, based on what they know of you and your illness and from discussions with your loved ones.

Key points

- Advance care planning is a process of thinking about and writing down your wishes and preferences for future care.
- This enables these views to be known to those involved in your care and can be taken into account when decisions are made.
- You can write down or tell someone your general wishes, or advance care planning can be formalised using an advance decision to refuse treatment (ADRT) or making a lasting power of attorney (LPA)
- Deciding when to start planning for the future is an individual choice and any decisions you make or preferences you write down can be reviewed or changed at any time.
- It is entirely optional and not everyone chooses to complete advance care planning.

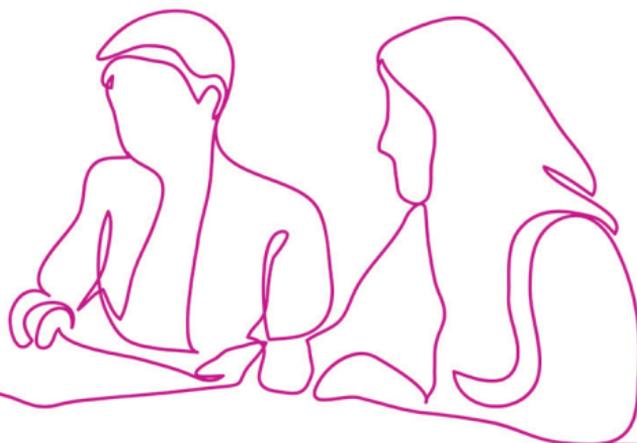
Who should I talk about this?

Any of the hospice staff will be happy to talk to you in more detail about advance care planning so please just ask.

Other useful information

To find out more about what to expect, thinking about your wishes for your future care, and looking after your emotional and psychological wellbeing please visit:

www.nhs.uk/Planners/end-of-life-care



From support in your home, in your community and at the Hospice, all of our services are free of charge.

Our staff provide expert care directly and also partner with other healthcare professionals to ensure care is co-ordinated for each person.

Many people benefit from our services. Every day, we support and care for more than 500 people living with life-limiting illnesses across Birmingham and Sandwell.

We are committed to improving the quality of life for people living with life-limiting illnesses, as well as supporting their families and loved ones during one of the most challenging periods they will face.

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