

Advance care plan

**Personal preferences and
choices for end of life care**

What matters – the process of thinking ahead

Serious illness and ageing bring challenges that many of us prefer to avoid thinking about. At the same time many of us fear loss of control about decisions relating to our health care.

Thinking ahead and writing down what matters to you can be a daunting process. However if no one else knows what is important to you, your preferences and choices may not be taken into consideration. It may be difficult to talk to your family and they may not agree with you, but having these conversations can help direct decisions that sometimes need to be made at a time of crisis. Writing your preferences down will ensure that anyone who provides care for you, carers or health professionals, tailors it according to your wishes.

This booklet is designed to help you start making informed choices. You may not feel that you know enough about what is available to you or what choices you have about your care. It will direct you towards the people who may be able to help you. This booklet belongs to you – it is for you and about you. You can show it to anyone who is involved in your care. It is important to remember that you can add to this booklet as often as you like and change your decisions at any time in the light of altered circumstances.

The following pages highlight some important questions that you may or may not have already given some thought to. Your answers to these questions will help to shape your care in the future. It is an opportunity to reflect on what you do and don't want in realistic terms. You can also record details of those involved in your care for handy reference.

Writing in this booklet creates an 'advance statement' (see page 9), not a legal document. It is intended to help you think about your future ahead of time and influence a thorough and individualised approach to your care. It could also be used as guidance about your wishes and decisions should you ever lack capacity to voice them yourself.

Your personal preferences and choices

1 Where would you like to be cared for if you are no longer able to care for yourself?

First preference

Second preference

2 Bearing in mind that your circumstances may change, where would you prefer to be cared for when you are dying? e.g. home, care home, hospital, or hospice

First preference

Second preference

3 Who knows you well and understands what is important to you?

Please add their full contact details to page 10

4 Who do you view as your next of kin?

Please add their full contact details to page 10

5 Who or what supports you when things are difficult?

6 Do you have a particular faith or belief system that is important to you?

Would you like to talk to anyone about it?

YES NO

If YES, who?

7 What concerns you most about your health, now and for the future?

8 Are there discussions with family and/or friends you feel would be helpful?

Would you like anyone to help you with this?

YES NO

If YES, who?

9 Have you made a will?

YES NO

If YES, where is it held?

If NO, would you like to discuss how to make a will?

YES NO

10 Does anyone have Lasting Power of Attorney (Property and Affairs) for you? *See page 9* YES NO

If YES, please add their full contact details to page 11

If NO, would you like to discuss this? YES NO

11 Does anyone have Lasting Power of Attorney (Personal Welfare) for you? *See page 9* YES NO

If YES, please add their full contact details to page 11

If NO, would you like to discuss this? YES NO

12 Do you want to be buried or cremated? BURIED CREMATED

Do you have any arrangements in place? YES NO

If YES, please provide details

13 If it were possible, would you wish to donate any of your organs? YES NO

In the case of cornea and some other tissue, age does not matter. For other organs it is the person's physical condition, not age, which is the deciding factor.

If YES, you will need to signed up to the NHS Organ Donor Register. You can do so at www.uktransplant.org.uk or by calling the NHS Organ Donor Line on **0845 60 60 400** (lines open 24 hours, 365 days a year).

Cardio Pulmonary Resuscitation (CPR)

CPR is an emergency treatment which tries to restart a person's heart or breathing when these have stopped suddenly. Sometimes the media present CPR as being very successful. In fact when people have very serious illnesses only about 1 in 100 who receive CPR will recover enough to leave hospital.¹

The ultimate responsibility for making decisions about CPR rests with the consultant (in hospital) or your GP (at home or care home). Sometimes a senior or specialist nurse can also make the decision. If CPR is not appropriate this will not prevent you from receiving other treatments for your comfort and dignity. These would still be offered to you as appropriate.

Talking about resuscitation can be very stressful and upsetting. You do not have to discuss it if you do not wish to but your views can be helpful.

Would you like to talk to someone who could give you more information about CPR?

YES NO

If YES, who?

- My GP
- A senior or specialist nurse
- Another doctor (e.g. hospital, community)

Advance decision

Would you like to discuss and record any 'advance decisions' about treatment that you might refuse? (e.g. blood transfusions, surgery, particular medications or CPR)

YES NO

If you already have an advance decision, who has a copy?

¹ Tunstall-Pedoe H et al. Survey of 3675 Cardio- pulmonary Resuscitations in British hospitals (the Bresus study) *BMJ* 1992; 304:1347-1351

Any other information

Is there anything, not previously mentioned, that you would like to make known and write here?

YES NO

If YES, please provide details

It is important to remember that you can review your preferences and change your mind at any time. If you would like to add to or review anything you have already written, please record it here and date it.

Review from page(s)

Date

Review from page(s)

Date

Review from page(s)

Date

Review from page(s)

Date

Review from page(s)

Date

Review from page(s)

Date

Some terms explained

Advance statement This is a statement of wishes, preferences, values and beliefs. It is useful when taking into account 'best interest' decisions of behalf of someone who lacks capacity, but is not legally binding.

Advance decision This is a decision to refuse treatment. It must be in writing if it relates to life sustaining treatment, signed and witnessed and is legally binding if valid under the Mental Capacity Act 2005. This was previously known as a living will.

Best interest This is when a decision is made taking into account as many factors as are known. This can include advance statements, opinions and views of family, friends, carers and other professionals who know the person, all of which are considered in the light of the current circumstances to plan care for an individual.

Lasting Power of Attorney (LPA) Property and Affairs This allows you (if you are over 18) to choose someone to make decisions about how to spend your money and manage your property and affairs.

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 and deciding where you live. These decisions can only be taken on your behalf when you lack the capacity to make the decisions yourself.

All LPAs must be registered with the Office of Public Guardian to be valid. Further information and forms can be found at www.publicguardian.gov.uk

The Mental Capacity Act 2005 (MCA) states that a person has mental capacity to make decisions for themselves unless proved otherwise. Therefore they should be asked first about their preferences and choices for care. It is important when making Advance Care Plans that a person can demonstrate that they understand the decisions they are making and that those supporting them to make such decisions are aware of the MCA. Further information can be found at www.justice.gov.uk/guidance/mca-info-leaflet.htm

Contact information

Your details

Name

Address

Postcode

Telephone

Mobile

The person who knows you well

Name

Address

Postcode

Telephone

Mobile

Your next-of-kin

Name

Address

Postcode

Telephone

Mobile

Your GP

Name

Address

Postcode

Telephone

Out-of-hours

Your district nurse

Name	
Address	
Telephone	Postcode
	Out-of-hours

Your Lasting Power of Attorney (Property and Affairs)

Name	
Address	
Telephone	Postcode
	Mobile

Your Lasting Power of Attorney (Personal Welfare)

Name	
Address	
Telephone	Postcode
	Mobile

Information for other care professionals

This page can be removed and inserted into other health professional records

Advance care plan for

Date of birth

Where would you like to be cared for if you are no longer able to care for yourself?

First preference

Second preference

Bearing in mind that your circumstances may change, where would you prefer to be cared for when you are dying?

First preference

Second preference

Have you made a will?

If YES, where is it held?

YES NO

Does anyone have Lasting Power of Attorney (Property and Affairs) for you?

If YES, please give contact details

Name

Telephone

Mobile

YES NO

Does anyone have Lasting Power of Attorney (Personal Welfare) for you?

If YES, please give contact details

Name

Telephone

Mobile

YES NO

Do you want to be buried or cremated?

Do you have any arrangements in place?

BURIED CREMATED

YES NO

If it were possible, would you wish to donate any of your organs?

If yes, please ensure that your donor card is available and your next of kin is aware

YES NO

Any other relevant information?

Name of healthcare professional

Designation

Telephone

Mobile

Signature x

Date

Designed by St Christopher's Hospice
51-59 Lawrie Park Road, London SE26 6DZ
Telephone 020 8768 4500 Fax 020 8659 8680
www.stchristophers.org.uk