Wishes and care preferences towards the end of life for residents in care homes

Thinking ahead

You have already had to make an important choice to move into a care home. Ageing and illness can bring challenges that many of us prefer to avoid thinking about. At the same time, it is important to have as much control as you would like about decisions relating to your future care needs especially towards the end of life.

This document has been produced to help open-up discussions about your health and social care needs in the future. It is about making sure that your priorities about your future care are known and where possible carried out. Any concerns that you or your family may have can be discussed. ‘Preparing for the worst whilst hoping for the best’ means it is much more likely that the right thing will happen at the right time and that your wishes are taken into consideration.

This document is an advance statement recording your wishes and preferences, but it is not a legal document. It aims to help you think through any future wishes and records them in case you are unable to voice them yourself in the future. Anyone else that you would like to be present at this discussion is more than welcome.

Your name

Your date of birth

Your GP’s name

Your District Nurse’s name

Your next of kin who is point of contact

Name

Address

Postcode Telephone

Does anyone have Lasting Power of Attorney for your property and affairs? □ Yes □ No
If YES, please provide their details here

Name

Address

Postcode Telephone

Does anyone have Lasting Power of Attorney for your personal welfare? □ Yes □ No
If YES, please provide their details here

Name

Address

Postcode Telephone

Have you made an advance decision to refuse treatment? □ Yes □ No
1 In the event of a gradual decline in your health, is there anything that you are worried about or you dread happening?

2 Do you have any particular wishes that you want to achieve before coming to the end of your life? If so, is there anything we can do to help with this?

3 Are there any special wishes that you would like us to know about when you are approaching the very end of your life?

4 At the very end of your life, where would you like to be cared for?

5 Do you have a particular faith or belief system that is important to you? Would you like a minister/other to come and visit?

6 Is there anything else, not previously mentioned, that you would like to make known and write here? For instance: more personal touches that would mean a lot to you at the very end of your life; funeral details: burial/cremation
There may be circumstances where a decision to transfer you to hospital at the very end of your life is important (such as if you fall and break your leg). However, normally it is perfectly possible for staff in your care home (alongside GP/district nurses) to manage the comfort measures that you may need. If there is any other issue you would like to talk about with a senior nurse/GP please don’t hesitate to ask.

Summary of further discussion

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Details of those present at the discussion

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Care professional leading the discussion

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Reviews

First review

Date of review

Names of those present at review

Summary of review

Second review

Date of review

Names of those present at review

Summary of review
Terms explained

**Advance statement** This is a statement of wishes, preferences, values and beliefs. It is useful when making ‘best interests’ decisions on behalf of someone who lacks capacity but is not legally binding. If you aren’t able to make decisions for yourself, your advance statement will be taken into account when a decision is made in your ‘best interests’.

**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 under the Mental Capacity Act 2005 if valid and applicable. This was previously known as a Living Will.

**Lasting Power of Attorney (LPA) – property and affairs** This allows you to choose someone else to make decision about how to spend your money and manage your property and affairs.

**Lasting Power of Attorney (LPA) – personal welfare** This allows you to choose someone to make decisions about your healthcare 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 and must be taken in your best interests. All LPAs must be registered with the Office of the Public Guardian to be valid. Further information and forms can be found at [www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)

**Mental Capacity Act 2005** The Mental Capacity Act 2005 provides a statutory framework to empower and protect vulnerable people who are not able to make their own decisions. It makes clear who can take decisions, in which situations, and how they should go about this. It enables people to plan ahead for a time when they may lose capacity. Further information can be found at [www.justice.gov.uk/guidance/mca-info-leaflet.htm](http://www.justice.gov.uk/guidance/mca-info-leaflet.htm)

**Next of kin** There is no legal definition of next of kin so people can choose who they want to designate such as a close friend. If no one has been chosen and the person lacks capacity to chose, the spouse or life partner will normally be treated as next of kin or the closest blood relative if there is no spouse or life partner.