



Anticipatory Care Plan

Planning your future care
and recording your wishes

Put the future in your hands



WHAT IS ANTICIPATORY CARE PLANNING?

It's about having the opportunity to chat with the people closest to you about the kind of care you want or don't want. You will be able to talk about deeply-held values and beliefs with your loved ones and staff involved in your care.

The wishes you express are personal to you and staff can help to support you if you find it awkward to discuss sensitive issues with your family.

There may be a time when you need to ask someone close to you to make decisions on your behalf. This can be difficult and uncomfortable, but discussing your choices will reassure them.

You may want to consider:

- ❖ How you might want any religious or spiritual beliefs you hold to be reflected in your care.
- ❖ The name of a person/people you wish to act on your behalf at a later time.
- ❖ Your choice about where you would like to be cared for, for example at home, in a hospital, or hospice
- ❖ Your thoughts on different treatments or types of care that you might be offered
- ❖ How you like to do things, for example preferring a shower instead of a bath or sleeping with the light on.

Remember this is a voluntary process: By having this conversation you are giving guidance, confidence, and strength to those closest to you in case you become ill and they have to speak for you. This will help to reduce stress because you have planned your future care together.

PLANNING MY FUTURE CARE

Who should I talk to about my future care?

You may find it helpful to talk about your future care with your family and friends, staff and GP. None of us knows what is ahead of us. It is a good idea to consult with whoever you want to include in your discussion about how you would like to be taken care of in the future.

What would I talk about?

Take your time and think clearly about what you want. Talk to your family members and staff about your wishes for your future care. Share your preferences and any concerns you may have for example; where you may want your care to be carried out and any medical treatments which may be important to you when you are making decisions. Having this discussion allows you to clarify your values and choices, and gives your family, doctors and nurses the opportunity to respect your choices.

What should I include in my Anticipatory Care Plan?

You should include anything that is important to you or things you are worried about. It is a good idea to include any beliefs and values that you have. You may also like to record what you would and would not like to happen, and where you would like to be cared for should your condition change. You should put your wishes in writing, just in case you cannot speak for yourself or lose the ability to make decisions for yourself.

Who can make decision's for you when you can't?

An important part of your Anticipatory Care Plan is that you can name someone you have chosen who will speak for you and make decisions on your behalf if you can no longer make these decisions yourself. This can be a member of your family or a close friend. This is called Power of Attorney and can be applied for when you are no longer able to look after your own affairs (see more in the Power of Attorney booklet). A Continuing and Welfare Power of Attorney will give that decision making power to another person (called your 'attorney'). Once the power comes into effect, your attorney(s) will have the legal authority to act on your behalf in all financial and personal welfare matters.

Can my Anticipatory Care Plan be changed?

Anticipatory Care Plans can be updated if your feelings about your care change. You are the only one who can change your Anticipatory Care Plan; someone else cannot change it on your behalf without your permission. Remember it is your personal property. It is NOT legally binding and you may change your mind at any time.

What happens to my Anticipatory Care Plan when I am in hospital?

Take your Anticipatory Care Plan to the hospital with you so that the doctors and nurses know what your choices about your care are.

So what is in my Anticipatory Care Plan?

When complete, your Anticipatory Care Plan will advise your family, friends and staff about how you would like to be treated.

Within the Anticipatory Care Plan you will find sections on:

Key people

This is your page to write down the names of the people who are involved in your care.

The Red Flag Warning System

This will detail who to contact if you are feeling unwell. You should ask your General Practitioner, nurse or a member of staff to help you with this section.

Notes

Notes page for you, your family or staff to write important, relevant information about your care.

Hospital admissions

If you have to go to hospital please take your Anticipatory Care Plan with you. This will help the doctors and nurses to respect your wishes when treating you.

Write on the page your date of admission and when you are sent home. If you cannot manage yourself ask your family, a friend or member of staff.

Thinking Ahead

These pages are where you can write about your wishes for your care in advance of any problems that may occur in the future.

Putting your family in a position of having to make decisions for you, without knowing what you would want, can be difficult for them. Discussing your choices can be a comfort to you and will help your family in the future.

Think about the treatment you would want and talk about it with your family and your doctor.

Discussing these things with your family may not be easy for them. Many people find it difficult to talk about illness.

However, this planning becomes especially important if you become seriously ill and cannot make decisions for yourself.

If you have a Living Will or a Legal Advanced Directive you can write down the details of who has a copy on this page and who your legal next of kin is if you have chosen someone to represent you in case you are unable to make your own decisions.

Remember anticipatory care planning is one way to make sure that your family and the doctors and nurses caring for you respect your wishes.

Putting your affairs in order: A checklist

This is a helpful list that contains advice about the type of documents you may want to start putting together with your next of kin. You can put the contact details of the person or people that have the documents.

Have we missed anything?

You can use this space to tell us any other preferences or wishes for your treatment that you have not already detailed.

What do I do now?

Start the conversation with your loved ones and ask your GP or health carer about an Anticipatory Care Plan.

GLOSSARY

Anticipatory Care

It's about having the opportunity to talk with the people closest to you about the kind of care you want or don't want. It aims to try and anticipate and prevent any of your current health problems from getting worse.

Advance statements/directives

You may decide to express a very specific view about a particular medical treatment which you do not want to have. This can be a written statement, drawn up and signed by you, which sets out how you would prefer to be treated (or not treated) if you were to become ill in the future

If you wish to make an advance decision to refuse treatment, you are advised to discuss this with your doctor who is aware of your medical history.

Personal Confidentiality

The information you provide will not be used or shared with anyone without your consent.

Where to find further information

- ❖ Adults with Incapacity (Scotland) Act (2000). Edinburgh, Scottish Executive.
- ❖ www.endoflifecareforadults.nhs.uk
- ❖ <http://www.opsi.gov.uk/legislation/scotland/acts2007/20070010.htm>
- ❖ www.publicguardian-scotland.gov.uk
- ❖ Living and Dying Well: A national action plan for palliative and end of life care in Scotland - <http://www.scotland.gov.uk/Publications/2008/10/01091608/8>

For free financial, benefit, welfare or debt advice, contact:

- ❖ North Lanarkshire Council's Your Money: 01698 403 170
- ❖ South Lanarkshire Council's Money Matters: 0303 123 1008
- ❖ Hamilton CAB: 01698 283 477
- ❖ Rutherglen CAB: 0141 646 3191
- ❖ East Kilbride CAB: 01355 263 698
- ❖ Clydesdale CAB: 01555 664 301

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info2@lanarkshire.scot.nhs.uk



www.patientopinion.org.uk

Pub. date:	November 2014
Review date:	November 2017
Issue No:	01
Author:	Long Term Conditions Team

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