



York Teaching Hospital
NHS Foundation Trust

Advance Care Planning

**Information for inpatients
and care homes**





My future wishes

Being poorly, or having an accident can make people reflect on their past and wonder about the future.

While doctors and nurses are experts in what's best for you medically, they may not have chance to get to know you as a person. Sharing with others what means most to you now, can help you to receive the care you want in the future.

An advance care plan will help you to think about and record your future care wishes. You do not have to complete it but it can be reassuring to know that, if you were unable to make decisions for yourself, those looking after you would know what you want.

It can also reduce stress and anxiety amongst those who are important to you, as they will know they are following your wishes.

You can fill in as much, or as little, as you like - it's your choice. You can then share it with those who are important to you and the health professionals involved in your care.

You might not feel like making any decisions right now, but taking the time to read and consider this booklet now will help you to start thinking about the future, which you can record when you feel ready.



It's important to remember:

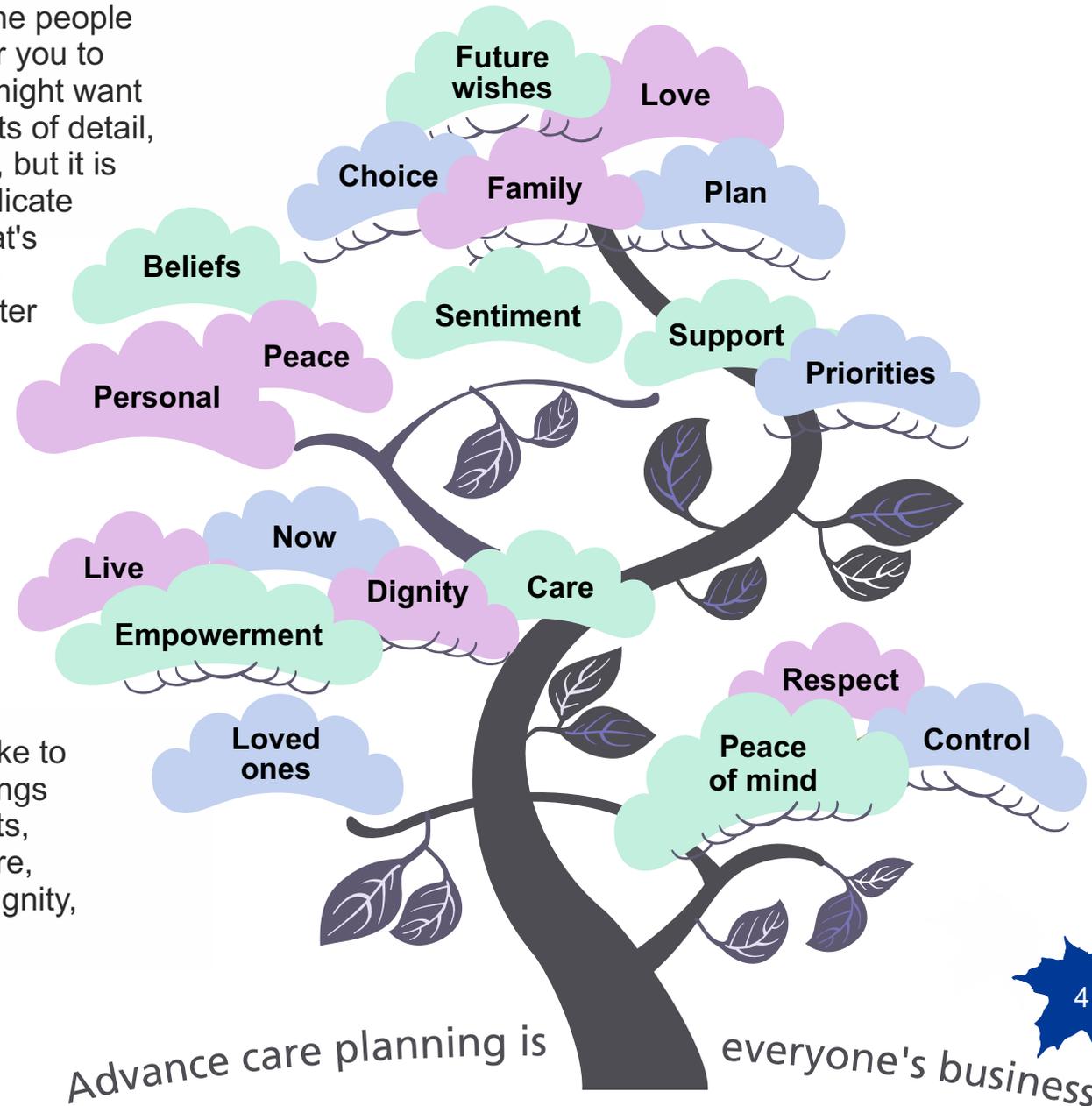
- Your advance care plan does not have to be completed all at once.
- It will only be used if you are unable to make or communicate your wishes for yourself.
- The form is not legally binding but will be taken into account when making best interest decisions about your future care.

If you would like a member of staff to help you with this, please ask.

What is important to you for your future care?

Think of what you would like the people looking after you to know. You might want to go into lots of detail, or very little, but it is useful to indicate anything that's important to you, no matter how trivial it may seem.

You might like to consider things like your pets, music, nature, company, dignity, home, etc.



Advance care planning is everyone's business

Is there somebody you would like to help make decisions on your behalf?

Think of who you would trust to do this and talk to them about it. It needn't be a heavy conversation and it might encourage them to plan for their future too.

If you wish, you may choose to give another person legal authority to make decisions on your behalf if you become unable to do so, by legally registering them as Lasting Power of Attorney for Health and Personal Welfare. This can be a relative, a friend or a solicitor.

A form for this can be obtained from the Office of the Public Guardian or some stationery shops that provide legal packs.

www.publicguardian.gov.uk

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

This could be anything you would hope to avoid, such as a particular medical treatment or care setting.

If you feel very strongly about not having specific treatments, please ask your nurse or doctor about making a formal Advance Decision to Refuse Treatment (ADRT), which is legally binding under specific circumstances.



Next steps

- Share this document with those who are important to you and the healthcare professionals looking after you.
- Keep a copy of your advance care plan with you and bring it with you for any hospital appointments.
- Keep copies of your advance care plan and any lasting power of attorney, or ADRT safe and let those you want to speak on your behalf know where they are kept.
- Make sure you read it from time to time and update it when necessary.
- For further copies of the advance care plan, visit www.yorkhospitals.nhs.uk.

**Plan for the future to
enjoy the present.**

Tell us what you think of this leaflet

We hope you found this leaflet helpful. If you would like to tell us what you think, please contact the Lead Nurse End of Life Care: York Hospital, Wigginton Road, York, YO31 8HE or telephone 01723 236254.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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Audio e.g.
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