

My Future Wishes – Advance Care Plan

You can fill in as much, or as little as you like, it is up to you. Please share this form with those who are important to you, your GP, and any health professionals involved in your care. If you need more space, please continue on plain paper, include your name, and date of the form on each sheet.

Date completed: _____

Name	I prefer to be called (if applicable)
NHS Number (if known)	Contact Telephone Number
Address	Date of Birth
Health Conditions/Allergies	GP (name, address, telephone number)
Who would you like us to contact in case of emergency? Name, contact telephone number and relationship to you - this does not have to be a relative, just whoever is closest to you.	

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, faith, feelings, values, music, nature, company, dignity, home, etc.

If you were very ill, where would you prefer to be looked after?
(e.g. Hospice, home, hospital, care home)

First preference: _____

Second preference: _____

Ideally, where would you like to be cared for in your last days of life?
(e.g. Hospice, home, hospital, care home)

First preference: _____

Second preference: _____

What might change your mind about your choices? In some circumstances, it may not be possible to support your preferred place of care, but every effort will be made to meet your wishes.

If you were nearing death, what would be important to you or make you feel more peaceful?

What would be important to you as the end of your life approached, and do you have any specific wishes for this time? e.g. family members, spiritual support, music, photographs, etc.

Is there anything you would ideally like to avoid happening to you, and under what circumstances? This could be anything you wouldn't want, such as a particular medical treatment, a particular visitor or care setting. If you feel very strongly about not having specific treatments, please consider completing an Advance Decision to Refuse Treatment (ADRT) which is legally binding under specific circumstances.

Have you made an Advance Decision to Refuse Treatment?
(Previously called a Living Will)

Yes No

If so, where can this information be found?

Who you would trust to make medical decisions and speak on your behalf, if you were too ill to communicate? They may be your partner, spouse, and adult child, or even a good friend. You may choose to complete a Lasting Power of Attorney, for Health and Personal Welfare. This is a legally binding document and must be signed by a witness. Please visit www.gov.uk/power-of-attorney for more information.

Have you made a Lasting Power of Healthcare Attorney?

Yes No

If so, where can this information be found?

You may want to consider registering to be an organ donor in the future, to help others. Please visit www.organdonation.nhs.uk. Even if you have registered as a donor, health professionals still need to ask your family for consent before recovering organs or tissue, so make sure your wishes are known to those closest to you.

Have you documented wishes to donate any of your organs?

Yes

No

Some people wish to donate their body for medical research. If you are thinking about this, it is important to discuss this with your GP, hospital team and with those closest to you. As part of the donation process, you and your next of kin will be asked to sign a consent form. You can get this form from your local medical school.

Please visit www.hyms.ac.uk/about-us/donations/donating-your-body

Have you documented wishes to donate your body?

Yes

No

If so, where can this information be found?

Have you ever thought about what you may want, when the time comes for people to celebrate your life in the future? By making a note of favourite pieces of music, flowers, readings and suchlike, you can make planning the event much easier on those closest to you.

Visit www.yorkhospitals.nhs.uk for information and more copies of this plan

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