



Bath and North East Somerset,
Swindon and Wiltshire Together



**Bath and North East Somerset,
Swindon and Wiltshire**
Integrated Care Board

Things to remember

- These discussions are entirely voluntary
- Any decision you make can be changed by you at any time.

Terms that you might hear used by a healthcare professional

- Advance Care Planning (ACP): the process of planning ahead and considering what matters to you
- Recommended Summary Plan for Emergency Care and Treatment (ReSPECT): to record recommendations for possible future care and treatment
www.respectprocess.org.uk
- Lasting Power of Attorney (LPA) for Health and Welfare, and for Finance: to appoint someone who, in case of your incapacity, can make decisions to make decisions on your behalf.

If you want to discuss what matters to you, or you would like information about medical decisions and your plan of care, please ask to speak with the doctor or nurse or healthcare professional involved in your care.

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to give feedback about your care.

Email: scwcsu.palscomplaints@nhs.net

Telephone: 0300 561 0250

WHAT MATTERS TO YOU?

PLANNING AHEAD

A GUIDE FOR PATIENTS, FAMILIES AND CARERS

This information leaflet is for patients with a life-limiting condition and their families, who wish to consider their wishes and preferences for the future.

In life we prepare for many things – birth, education, marriage, and retirement. We may also wish to prepare for a time of failing health and approaching end of life.

Talking about what matters to you can help you to consider:

What is important to me now and in the future?

Do those that matter most to me know what is important to me?

What are my preferences for future care?

Talking about what matters to you can help your doctor or nurse and those that care for you, to understand what is important to you.

Talking about what matters to you can inform your care plan.

Discussions that may be helpful

Understanding your illness or condition

- What you know about your illness or condition
- What to expect in the future in relation to your illness or condition
- Sharing the uncertainty – often it is difficult to predict the future, but it can be helpful to talk about living with uncertainty
- Your thoughts about treatment or future hospital care.

Understanding and planning for the future

- Appointing a Lasting Power of Attorney for Health and Welfare, and for Finance
- Making your Will
- Options about where you might wish to be looked after
- Care that may be available to help you stay in your own home
- What care can be provided by nursing homes and residential homes
- Who you would like involved in your care.

Personal wishes

- What are your personal wishes and preferences?
- What matters most to you and your family?
- The name of any person or persons you wish to be consulted on your behalf
- Any religious, spiritual or cultural beliefs that are important to you?