



Whats important to me?

This topic card aims to get you thinking and talking about what makes you happy and what is most important to you.

This could include:

- Cultural, religious or spiritual needs
- Family and friends
- Diet, including favourite foods and drinks
- Where you live
- Hobbies and Interests: such as sports, music, films and pets

Talking about and recording what is important to you can help you live well, have greater control and help the people supporting you to understand you as a person.

Initiating these conversations earlier may help you consider the impact and implications on your wider social network.

It's brilliant that you have started a conversation about what is important to you.

The best way to ensure that professionals and other people involved in your care are aware of what is important to you is to record your wishes in an advance care plan.

My Future Wishes – Advance Care Plan is available by visiting:
<http://bit.ly/acpdementia>

Other helpful resources and websites to visit:
Planning for your Future Care – A Guide
www.england.nhs.uk/improvement-hub/Planning-for-your-future-care/

“ I have real pride in my heritage..., this is important to discuss as part of future planning... ”



Lasting Powers of Attorney and Wills

Next Steps

The Office of Public Guardian (www.direct.gov.uk) have designed the LPA forms to be simple as possible enabling people to self-complete. You can get in touch with them for one off advice.

You can enlist the support of other agencies to support with completing a LPA.

Whilst you don't have to enlist a solicitor to complete a LPA or Will it can be a good idea and some solicitors offer a free one off consultation. A number of charities offer a reduced cost Will Writing Service.

It is important to inform your GP, family and other professionals if you have a registered LPA and or Will in place.

Be aware that LPA's involve fees to register. LPA registration can take time but not as much time or cost when compared to applying for a Deputyship.

Other helpful resources and websites to visit:

www.sfe.legal

www.gov.uk/make-will

www.gov.uk/power-of-attorney

www.moneyadviceservice.org.uk

This topic card aims to get you thinking and talking about some of the legal elements that are important and relevant when planning for the future.

A **Lasting Power of Attorney (LPA)** is a legal document that allows you to appoint someone to make decisions on your behalf when you are no longer able to.

There are two types of LPA; One relates to your **Property and Financial Affairs** and the other relates to decisions about **Health and Welfare**.

Both are legal documents once they have been submitted and registered with the Office of Public Guardian.

When someone no longer has **capacity** to make a LPA but needs a decision making on Property and Finance – you need to consider applying for a **Deputyship**. See Next Steps for further details and websites.

A **Will** is a legal document that says who should receive the things you own when you die, such as property, savings and valuables. It is also an opportunity to record your wishes for your **funeral**.

You don't have to ask a solicitor to help you make a LPA or a Will but it can be a good idea to ask advice on issues such as **capacity**.



Medical Decisions

Next steps:

Any medical decisions must be discussed with a clinical or healthcare professional, particularly if you would like to complete an Advance Decision to Refuse Treatment or a Do Not Attempt Resuscitation form.

It is important that any wishes you have around your future medical care are held on your medical records and with those who are important to you.

For more information on advance statements:

www.alzheimers.org.uk

www.ageuk.org.uk

For more information on Advance Decisions to Refuse treatment and Organ Donation.

www.nhs.uk/conditions/end-of-life-care

www.compassionindying.org.uk

www.organdonation.nhs.uk

For more information on DNACPR and emergency care planning:

www.resus.org.uk/respect

www.dyingmatters.org

Everyone is entitled to change their minds and it is important that these decisions and conversations are revisited regularly particularly if you have a hospital admission or a change in your health.

This topic card aims to get you thinking and talking about medical decisions.

Making decisions in advance about medical treatments can help to reduce hospital admissions and lessen the burden of decision making for loved ones. It can enable you to retain control about what medical treatments you would not want to receive in the future should **capacity or ability to communicate be lost**.

An **Advance Statement** is a written statement that sets out your preferences, wishes, beliefs and values regarding your future care. It provides a guide to anyone who might have to make decisions in your best interests. It's usually recorded as part of an 'Advance Care Plan' and kept on your GP record.

An **Advance Decision** to Refuse Treatment (sometimes known as a Living Will, Advance Directive or Advance Decision) is a legally binding document (dependant of certain requirements) which allows you to refuse specific medical treatments in the future, for example refusing artificial ventilation.

Some people choose to have a **Do Not Attempt Resuscitation (DNACPR)** form completed by their doctor, which communicates to professionals that resuscitation should not be attempted.

You may wish to consider whether people around you know of your thoughts on **Organ Donation** or research involvement after death.

Conversation Starters

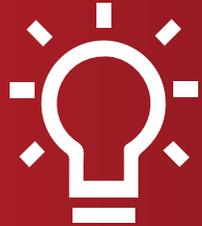
Is there anything you worry about, or fear happening?

Is there anything you don't want to happen?

What are your thoughts on life prolonging treatments now and in the future?

Do you have any specific views or needs that are important to you that may affect the type of treatments you would want to refuse? (These could be for example, cultural or religious beliefs.)

What should happen to you in a medical emergency?



TIPS:

These conversations can be really sensitive for all involved so be mindful people may need additional support after the discussion.

You and your loved ones may have differing views about this area, give yourself emotional space and time but don't be afraid to make your views clear.

Recognise that this is the individual's decision.

Having these conversations now can help reduce feelings of guilt and pressure in times of medical crisis.

"Pick your time carefully and stop if it is causing distress" - try later.

Notes

Use this page to capture any notes of your conversations

Please be aware this is not a legally binding document. See next steps over leaf for how to record your wishes more formally.



My Care Preferences

Next steps:

Once you have had conversations around your care preferences you may wish to record this on the My Future Wishes – Advance Care Plan <http://bit.ly/acpdementia>

Some of the decisions you have made may have been captured in other areas like **Lasting Power of Attorney (Health and Welfare)** but it is always important to inform those people important to you of your choices. If you have not completed a Lasting Power of Attorney (LPA)– please see the LPA Conversation card in this pack.

Include anything that is important to you no matter how trivial it seems. If it is important to you – it matters.

Everyone is entitled to change their minds and it is important that these decisions and conversations are revisited regularly to help keep you and those around you reassured of your choices.

Other helpful resources and websites to visit:

www.nhs.uk/conditions/social-care-and-support-guide/

www.alzheimers.org.uk

www.ageuk.org.uk

www.carersuk.org

This topic card aims to get you thinking and talking about how and where you might want to be cared for if you needed additional support.

This could include:

- Your dignity and independence and how to personalise your care
- Who would you want to be involved in your personal care
- Important routines
- How you prefer to communicate
- Where would you like to be cared for
- Respite Care
- Choices around end of life care
- What would you like to happen after death

Talking about and recording your preferences for care can help you live well, have greater control and increase personalised care as your condition changes.

“ The end years are just as important as the early years of life. ”

“ We didn't talk about Palliative Care, I had to make best interest decisions...Big responsibilities... ”

