

# Advance Care Planning

## What about cardiopulmonary resuscitation?

A ReSPECT form can be discussed and completed as a specific element of advance care planning.

This is completed with a healthcare professional and includes information about treatments which may or may not be wanted, including cardiopulmonary resuscitation.

## Who needs to be aware of my ACP?

A copy of your ACP needs to be shared with all health and social care professionals involved in your care.

## Further information

Any Phyllis Tuckwell healthcare professional will be happy to talk to you about any matters relating to ACP. If you prefer you can speak to your own GP or Community Nursing team.

Useful links:

### Advance care planning:

[www.nhs.uk/Livewell/Endoflifecare/Documents/Planning\\_your\\_future\\_care%5B1%5D.pdf](http://www.nhs.uk/Livewell/Endoflifecare/Documents/Planning_your_future_care%5B1%5D.pdf)

### Lasting power of attorney:

[www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney)

### Advance decision to refuse treatment:

[www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/](http://www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/)

## Do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £25,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website.

Thank you.

**Large print version available on request.**

Phyllis Tuckwell

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The Beacon Centre,  
Gill Avenue, Guildford,  
Surrey GU2 7WW  
Tel: 01252 729440 - Advice & Referral Team

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[www.pth.org.uk](http://www.pth.org.uk)



Laura - Community

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Phyllis Tuckwell<sup>®</sup>  
Hospice Care  
...because every day is precious



## What is Advance Care Planning?

**Advance Care Planning gives you an opportunity to think about, talk about and write down in an Advance Care Plan (ACP), your preferences and choices for care now and in the future.**

### Why does it matter?

There may be times in your life when you think about the consequences of becoming seriously ill, getting old or becoming disabled.

It can be easy to put off making important decisions about how you wish to be treated, sometimes until it is too late. Thinking ahead and writing down what matters to you can be a daunting process.

However, if no one else knows what is important to you, your preferences and choices may not be taken into consideration.

### Why is it a good idea to write down what I think?

Writing down your preferences and choices in an ACP can help you to influence what happens to you if a time comes when you are no longer able to care for yourself. It gives you the opportunity to think about what you would and would not like to happen to you.

You can write this Plan at any time in your life and update it whenever you want. You may also like to talk to someone in your healthcare team.

### Where can I write down my preferences?

There is a booklet you can use for this purpose, which our nurses and doctors can provide you with. The booklet will guide you through a series of questions and ideas for you to think about. It is yours to keep and you can show it to whomever you decide needs to see it.

### What should I write about?

The wishes in your ACP are personal to you, but you may wish to include your priorities and preferences for the future, for example:

- How involved you would like to be in discussions about your treatment and care options.
- Where you would like to be cared for if you were dying.
- Other people (friends and family) whom you would like involved in your decisions.
- Any particular religious or cultural requirements before and after death.
- Whether you would want to donate tissues or organs.

### Can I change my mind once I have written down my wishes?

You should review it regularly with your family or healthcare team and you can change your mind at any time.

### Can I choose someone to speak for me?

There may be a time when you are unable to communicate your wishes for yourself.

You may wish to name a person, or people, who should be asked about your care if you are not able to make decisions for yourself. These individuals should have a copy of your ACP and should take into account anything you have written in the document. Although they cannot make decisions on your behalf, they can provide information about your wishes, feelings and values which will help healthcare professionals to act in your best interests.

Alternatively, you may want to give another person legal authority to make decisions on your behalf if you become unable to make the decision for yourself. This is called a Lasting Power of Attorney.

### Can I decide to refuse treatment in the future?

During an Advance Care Planning discussion, you may decide to express a very specific view about a medical treatment you do not wish to have.

A legally binding document known as an Advance Decision to Refuse Treatment (ADRT) can specify treatment that under any circumstance you would always wish to refuse, or can specify the circumstances in which this refusal would apply.

It is important that an ADRT is put in writing, signed and witnessed (does not require a solicitor) and that it includes a statement that the decision stands 'even if life is at risk'.

A copy should be given to your GP and other health professionals connected with your care should be made aware.