

Advanced Care Planner



Understanding what you want to happen when the worst happens can be empowering and reassuring. Rather than leaving your loved ones guessing as to what you want to happen you are giving them the reassurance that they are doing what you want.



This planner is designed to help you tell others your wishes and thoughts when you can't communicate them yourself giving you peace of mind.

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Advanced Care Planning

Why is advanced care planning important?

Even if you are perfectly healthy, you can experience unanticipated events, such as a car accident, that could leave you unable to speak for yourself. Putting a plan in place now helps ensure that you're not making decisions during a medical emergency. Planning ahead also enables you to choose who will make decisions on your behalf especially if you are not able to communicate them yourself. As your life changes, you can update your planner to ensure they reflect your wishes.

Is it binding and can I change it?

Advance directives and living wills only go into effect if you become unable to communicate your wishes due to a serious illness or injury. You change your plans at any time, nothing is written in stone.

I don't like bringing up the issues with my family. How else can I do it?

It's true that advance care planning conversations may be difficult. Yet, many people find that these conversations create a sense of empowerment, help them learn more about themselves and their life situation, and bring them closer to their family members. You do not need to discuss specific treatments or care decisions right away. Instead, talk about your general preferences and who you trust to make medical decisions for you. You can also try other ways to share your wishes, such as writing a letter, making a short video on your phone or showing them this document.

I don't have family to share this with what do I do?

You can share this with anyone that cares for you or have it where a professional can find it so that your wishes known.

Is it just about death?

Advanced care planning is about unforeseen circumstances and letting others know what you want to happen if you can't communicate. Ultimately it is about your own piece of mind and having your voice heard when you can't communicate it..

Questions to consider

What matters most to you and makes your life meaningful may affect the kind of medical care you would want. For some people, staying alive as long as medically possible is the most important thing. Advance care planning can help make that possible. The questions below can help you think through what you might want. You can pick and choose which ones you want to respond to or discuss with your loved ones.

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- Would you rather live as long as possible or focus on quality of life? For example, is it more important to live longer or would you rather focus on being able to function physically or mentally even if you may not live as long? Is there a point in life where you would not want to keep living?
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- If you are seriously ill or nearing the end of life, how much medical treatment would you feel was right for you? For example, would you want to try every available treatment, or would you want to avoid treatments that may impact your quality of life?
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- Who do you trust to make decisions about your care? For example, would you like to leave decisions up to your health care provider or a member of your family or community?
-
- What worries you most about your future health care needs? The end of life? For example, are you concerned about finances, feeling like a burden, mending broken relationships, staying home as long as possible?
-
- What does a “good death” mean to you? For example, would you like to die at home with family around you? Would you like to avoid pain? Are there other important things like having prayers read or certain music played?
-
- Are there religious or spiritual beliefs that affect the types of care you want? For example, is it important to have a religious leader involved in certain care decisions? What should loved ones know about the spiritual or religious part of your life?

A living will

Common Care and Treatment Decisions in a Living Will.

A living will is a written document that helps inform doctors on how you want to be treated if you are unable to make your own decisions about emergency care. It enables you to make clear which treatments you would or would not want and under which conditions each of your choices applies. This is different from a will, which provides legal guidance about a person's estate - their property and financial assets - as well as care for child or adult dependents, gifts, and end-of-life arrangements, such as a funeral or memorial service and burial or cremation.

Through a living will, you can share your preferences about the use of emergency treatments to keep you alive. You should also talk with your health care proxy about your choices.

Decisions that might come up at this time relate to:

- **CPR.** This procedure tries to restore your heartbeat if your heart stops or is in a life-threatening abnormal rhythm. It involves repeatedly pushing on the chest with force, while putting air into the lungs. This force can sometimes break a person's ribs. Electric shocks, known as defibrillation, and medicines might also be used as part of the process. The heart of a young, otherwise healthy person might resume beating normally, but CPR is less likely to work among older adults who have chronic medical conditions or are hospitalized with a serious illness.
- **Ventilators.** If you are not able to breathe adequately, you may need a ventilator, a machine that uses a tube in the throat to push air into the lungs to help you breathe. Inserting the tube down the throat is called intubation. Intubation can be very uncomfortable, so medicine is often used to keep the person sedated. If you are expected to remain on a ventilator for a long time, a doctor may insert the tube directly into your trachea (a part of the throat) through a hole in the neck. This is called a tracheotomy. For long-term help with breathing, this procedure makes it more comfortable. People who have had a tracheotomy need additional help to speak

A living will

Common Care and Treatment Decisions in a Living Will.

- **Pacemakers and ICDs:** Some people have pacemakers to help their hearts beat regularly. If you have one and are near death, it may not necessarily keep you alive. Some people have an implantable cardioverter-defibrillator (ICD) that will shock the heart back into regular beats if the rhythm becomes irregular. If you decline other life-sustaining measures, the ICD may be turned off. You should state in your advance directives what you want done if a doctor suggests it is time to turn it off
- **Artificial nutrition and hydration.** If you are not able to eat or drink, fluids and nutrients may be delivered into a vein through an IV or through a feeding tube. A feeding tube that is needed for a short time goes through the nose and oesophagus into the stomach. If a feeding tube is needed for an extended period, it may be surgically inserted directly into the stomach through the skin of the abdomen. Hand feeding (sometimes called assisted oral feeding) is an alternative to tube feeding. This approach may have fewer risks, especially for people with dementia. Artificial nutrition and hydration can be helpful if you are recovering from an illness. However, studies have shown that artificial nutrition toward the end of life does not meaningfully prolong life.

Things to think about

You can also consider the types of care you might want as you age. Learning about these options can help you plan ahead. Types of care may include:

- **Palliative care.** This type of care treats the symptoms of a serious illness, such as pain and discomfort. It is offered alongside medical treatment for the illness itself; for example, chemotherapy for cancer or dialysis for kidney failure. In addition to helping with symptoms, palliative care can help patients understand their choices for medical treatment. The organised services available through palliative care may be helpful to any person having a lot of general discomfort, disability, or stress due to a serious illness. Palliative care can also provide support to caregivers and loved ones affected by the illness.
- **Hospice care.** This refers to care and support that is provided by a palliative care team after attempts to cure an illness have stopped. It may be offered in the home, a hospice facility, a skilled nursing facility, or a hospital. The goal is to ensure the best quality of life in a patient's final days, weeks, or months. After death, the hospice team continues to offer support to the family.

Hospice and palliative care are not the same thing, but both have the same goal: to give you the highest quality of life possible. If you are receiving hospice care, you can choose to move back to curative care if you decide to pursue treatments that could possibly cure your illness.

Advance Directives

You might want to prepare documents to express your wishes about a single medical issue or something else not already covered in your advance directives. A living will usually covers the life-sustaining treatments discussed earlier, but some may include other care and treatment decisions as well as preferences around options such as organ donation.

In some emergency situations, it may not be possible for the health care team to know your wishes before delivering care. For these types of situations, you can talk with a doctor about establishing the following orders:

- **Do not resuscitate (DNR) order:** A DNR becomes part of your medical chart to inform medical staff in a hospital or nursing facility that you do not want CPR or other life-support measures to be attempted if your heartbeat and breathing stop. Sometimes this document is referred to as a Do Not Attempt Resuscitation (DNAR) order or an Allow Natural Death (AND) order. Even though a living will might state that CPR is not wanted, it is helpful to have a DNR order as part of your medical file if you go to a hospital. Posting a DNR next to your hospital bed might avoid confusion in an emergency. Without a DNR order, medical staff will attempt every effort to restore your breathing and the normal rhythm of your heart
- **Do not intubate (DNI) order:** A similar document, a DNI informs medical staff in a hospital or nursing facility that you do not want to be on a ventilator.
- **Do not hospitalise (DNH) order:** A DNH indicates to long-term care providers, such as nursing home staff, that you prefer not to be sent to a hospital for treatment at the end of life.
- **Out-of-hospital DNR order:** An out-of-hospital DNR alerts emergency medical personnel to your wishes regarding measures to restore your heartbeat or breathing if you are not in a hospital.

Treatment Decisions

Sometimes thinking through different situations can help you make decisions about your care and treatment preferences. Consider the situations below and write down your thoughts or discuss them with a loved one. Remember: You may feel differently as time goes on.

- If an illness leaves you paralyzed or in a permanent coma and you need to be on a ventilator, would you want that?
- If your heart stops or you have trouble breathing, would you want to undergo lifesaving measures if it meant that, in the future, you could be well enough to spend time with your family?
- If a stroke leaves you unable to move and then your heart stops, would you want to be given CPR? If the stroke also affected your thinking, does that change your decision?
- What if you are in pain at the end of life? Do you want medication to treat the pain, even if it will make you drowsy and tired?
- What if you are permanently unconscious and then develop pneumonia? Would you want antibiotics? To be placed on a ventilator?
- If you were at the end of life and dying, would you prefer to spend your last days in a health care facility or would you prefer to spend your last days at home?

Power of Attorney (POA)

A Power of Attorney is someone you choose to make decisions about your finances or healthcare. This is important if you cannot make decisions for yourself in the future.

A Power of Attorney is a way for you give someone the right to legally make decisions for you.

The person you choose is called your attorney. It's usually a family member or a friend. But, you can choose a professional like a solicitor to be your attorney – they will charge a fee.

You can have more than one attorney. This can be helpful if you'd like more than one person to be able to make decisions. Or, if you'd like people to make decisions together.

Your attorney might make decisions about:

- your health care
- your social care
- where you live
- your finances
- your property.

You can choose what power or responsibilities you give to your attorney. For example, you might want them to handle your bills, but you might not want them to be able to sell your house.

When you create your Power of Attorney, you must be able to make this decision for yourself. This is known as having mental capacity.

Some people lose the ability to make certain decisions for themselves. This is called lacking mental capacity. This might happen if someone with a terminal illness becomes more ill or if they have a condition that affects their memory or thinking.

Even if you need help with some decisions, you might still be in control of others. For example, you might not be able to manage your bills, but you may be able to do your own food shopping.

People should assume you have mental capacity to make a decision unless it's proven otherwise. A healthcare professional has to carry out an assessment that shows you do not have capacity to make that decision.

To whom it may concern...

The following pages contain my thoughts and wishes should I not be able to communicate.

My name is _____ and I would ask that you please treat me with dignity at all times.

Please abide by my wishes as I have taken the time to work out what I need to happen to put my mind at rest so that I can concentrate on my recovery.

Signed

Date ____ / ____ / 202 ____

Personal Details

Full Name	
How you like to be addressed	

Date of Birth	
---------------	--

Full address	
Post Code	
Telephone	

Next of Kin	
Relationship	
Contact details	

National Insurance Number	
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Who do you want informed	
Relationship	
Their contact Details	

Religion/Belief	
-----------------	--

Medical Information

Doctors Name	
Surgery Address	
Telephone Number	

Medication List	

Equipment List	
Wheelchair/Bipap/Walker etc	

If applicable

Power of attorney (POA)	
Name	
Contact details	

Medical Information (cont.)

Consultant Name	
Title	
Department/Hospital	
Telephone Number	

Consultant Name	
Title	
Department/Hospital	
Telephone Number	

Consultant Name	
Title	
Department/Hospital	
Telephone Number	

Consultant Name	
Title	
Department/Hospital	
Telephone Number	

Consultant Name	
Title	
Department/Hospital	
Telephone Number	

My Medical Condition

Conditions	

Do Not ...	
What should the medical staff not do?	

What do you want medical staff to know?	
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Allergies	

Your pets

Who do you want notified to look after your pets if you are not able to do it yourself. Give instruction for your pets so that they are looked after with care. If you need more space please continue on the next page.

Name	Contact Details

Pets	
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Pet's name	
What do they eat?	
Where is the food?	
How often are they fed?	
How much do they have?	

Pet's name	
What do they eat?	
Where is the food?	
How often are they fed?	
How much do they have?	

Your pets (cont.)

Pet's name	
What do they eat?	
Where is the food?	
How often are they fed?	
How much do they have?	

Pet's name	
What do they eat?	
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My documents are kept...

Birth certificate	
Marriage licence	
Driving licence	
Will	
House deeds	
Insurance documents	
Cheque book	
Bank cards	
Credit cards	
Contacts book	
Calenda/diary	
N.I. Card	
Funeral plan	
Car documents	
House documents	

Funeral Planner

If the worst should happen and your loved ones need to organise a funeral for you what would you like it to look like? Think about the venue, the minister, the music and what you want done with your body, e.g. cremation or burial.

Do you want...	Burial / Cremation
----------------	---------------------------

Do you have a preferred funeral director?

Funeral director	
------------------	--

Some people have prepaid funeral plans, with their wishes already known

Funeral plan	Do you have a prepaid funeral plan? Yes / No
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Where do you want to be buried or your ashes buried/scattered

Funeral venue	
---------------	--

Do you have a favourite poem or reading from the bible

Favourite reading	
-------------------	--

Do you have a favourite prayer? You can always write it down and attach it to this page

Favourite prayer	
------------------	--

What is your favourite song/hymn? It doesn't have to be religious.

Favourite hymn/song	
---------------------	--

What is your favourite song/hymn? It doesn't have to be religious.

Favourite hymn/song	
---------------------	--

Who do you want to lead the ceremony at your funeral? It can be a celebrant.

Ceremony leader	
-----------------	--

Do you want flowers at the funeral?, you don't have to. If so do you want them given to somewhere afterwards

Flowers	
---------	--

Do you want mourners to give donations to a specific charity? You don't have to it's your choice.

Donations to...	
-----------------	--

What sort of casket do you want? There are many styles to choose from

Casket type	
-------------	--

You are a very special person and this is about your life. Many don't know what to say so your thoughts will.

About you	It is always difficult to know what to write about a person or tell others at a funeral so at the end of this document you will find a useful page that you can let others know what you want said about you.
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About you

Use this page to tell others a little about you, such as where you were born, about your family, about your achievements, something you are proud of, a funny story or a secret that you want to share.

Where were you born?	
What was your earliest memory?	
What made you happy?	
Proudest achievement	
First love	
Happiest place	
Your family	
A happy/funny memory	
Greatest influence in your life	
What you loved doing?	
Your school days	
Where you worked	
What you would like to be remembered for?	
How would you like to be remembered?	

Current Bills

If anything happens bills still need to be paid so knowing that someone is able to pay them up for you or let the companies know that you are not able to deal with them yourself may help. This can help ease the pressure while you recover and can deal with them yourself.

Bill	Amount	Direct Debit	Standing Order	Cheque	Bank transfer
Gas					
Electric					
Water					
Council tax					
Insurance (house)					
Insurance (other)					
Insurance (car)					
Insurance (life)					
Mortgage/Rent					
Car tax					
Credit card					
Credit card					
Other					

A personal letter to...

So often we can't say the things that we want to, especially to the people we love most. Use this page to write a personal letter to someone you care about letting them know how you feel and how much they have meant to you.

[illegible]

A personal letter to...

So often we can't say the things that we want to, especially to the people we love most. Use this page to write a personal letter to someone you care about letting them know how you feel and how much they have meant to you.

[illegible]

A letter to...

So often we can't say the things that we want to in person or sometimes we need to compose our thoughts so that we can say exactly what we want to. Use this page to write what you would like to say to someone

[illegible]

Putting things right

Having peace of mind by telling someone about something you regret however small can be liberating. Use this page to write about something that you wish had not happened it is not only therapeutic but put your mind at ease for the future..

[illegible]

Care instructions

These are the hardest of all decisions to make and are the most personal as they directly affect you. Decide what you want to happen about your treatment and if the worst happens when to stop treatment.

Procedure	Yes	No	Maybe if ... (instructions)
Resuscitation if heart stops (In hospital) (DNR)			
Resuscitation at home (DNAR)			
Do not intubate (DNI)			
Do not hospitalise (DNH)			
CPR			
Placing on a ventilator			
Pacemaker fitted			
Artificial nutrition and hydration			
Pain medication			
Antibiotics			
Colostomy bags			
Pass away at home			
Move to nursing home			
Hospice care			
Next of kin			
Who do you want to make decision for you?			

Personal gifts

Gifts are normally left in the will but sometimes you might wish to give a specific person something that has a personal connection to both of you. This page gives you the opportunity to leave something to a specific person, this might be a piece of jewellery, a painting, a piece of furniture or a favourite cup to remind them of the time you chatted over a cup.

Name	Item

Your are unique

You are unique and will have your own ideas, thought and wishes. This planner was created to make things easier but there will be many things that are unique to you and will have been missed so please use the following pages to include these.

[illegible]

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This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal black lines across its entire width, providing a guide for writing. The paper is otherwise completely empty, with no margins, text, or other markings.

Additional instructions

This page is to give you space to write any additional instructions that aren't covered in the planner. Tell the people that will be speaking for you what you want to happen and how.

[illegible]