

PLANNING FOR YOUR FUTURE CARE

WHAT IS THE BOOKLET ABOUT?

None of us know exactly how our health and abilities might change in the future. Even though we cannot see into the future, we might have some ideas about the sort of help and care we would or would not want.

Planning for your future care gives you the opportunity to think about, talk about and write down your wishes, preferences and priorities for your care. This will give everyone a clear idea of the things that are important to you, if there comes a time when you cannot express your wishes and preferences yourself.

If something is important you can record it in the booklet and you do not have to fill in every section. You can add to the booklet and change it as often as you want to.



“WRITING MY ADVANCE CARE PLAN WAS THE BEST GIFT I COULD GIVE MY DAUGHTER”

Rachel Jones
Northamptonshire

The above patient name has been changed to maintain privacy



THERE ARE SIX PARTS TO THE BOOKLET:

- Advance statement of your wishes and care preferences
- Advance decision to refuse treatment
- Appointing someone to make decisions for you
- Putting your affairs in order
- Making a will
- Planning your funeral

To obtain a free copy of "Planning for your future care" booklet please contact:

Patient Advice and Liaison Service (Advance care plan)
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For a downloadable version visit www.nhft.nhs.uk/ACP



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