

North East Lincolnshire Locality



My Future Care Plan

Making plans for my care

Introduction

There may be times in your life when you think about the consequences of becoming seriously ill or disabled. This may be at a time of ill health or as a result of a life changing event. It may simply be because you are the sort of person who likes to plan ahead.

You may want to take the opportunity to think about what living with a serious or life limiting illness might mean to you, your partner or your relatives, particularly if you become unable to make decisions for yourself. Whilst not legally binding, this document must be taken into account when others are acting in your best interest.

You may wish to record what your preferences and wishes for future care and treatment might be or you may simply choose to do nothing at all. This is your booklet to keep and may be amended as often as you wish.

One way of making people aware of your wishes is by a process that is called future care planning. This booklet is designed to help you write your own future care plan if that is what you wish to do - we hope that you find it helpful.

N.B. This document does not include advance decisions to refuse treatment - e.g. stating that you do not wish to be resuscitated.

What is a future care plan?

Future care planning is about having conversations with your close family, friends and care provider(s) so that they know your personal and health care treatment wishes if you become incapable of expressing your own decisions.

Writing down your beliefs, values and wishes for your future care is a future care plan.

Developing your future care plan

Beliefs, Values and Wishes

Future care planning begins by thinking about your beliefs, values and wishes regarding your health care and personal wishes, and talking about them with family or friends, and your care provider(s).

When the people you trust know what is important to you with regard to future health care and personal wishes, it is easier for them to make decisions on your behalf if you are unable to make them yourself.

The following questions may help you think about what is important to you.

What are the things that make my life meaningful?

What is important to me?

Where would I like to be cared for in the last days of my life?

Who would I like to make decisions on my behalf if I am no longer able to do so?

Have I put my affairs in order e.g. written a will?

What would I prefer not to happen?

Putting your affairs in order

Future care planning is a good time to put all of your personal planning papers together where they can be easily found.

These papers may include:

- Your will and the name of the executor
- Information about your organ donation wishes
- Insurance policies and any other financial arrangements you have made
- Other important documents, e.g. birth / marriage certificate(s)
- The details of your funeral arrangements or burial plot if pre planned/paid
- Your internet passwords (consider passing these to someone you trust or changing important accounts while you are still able)

It is advisable to record in your future care plan where these papers are kept; this will help those you have put in charge of your affairs to find them if and when needed.

Changing your Future Care Plan

You can change your future care plan at any time - it is a document of your wishes, beliefs and values.

As when writing the plan for the first time, it can be very helpful to discuss any changes with the people that you trust; family or friends and/or care providers.

Deciding where you wish to be cared for in the last days of your life

Some people feel sure about where they wish to be cared for in the last days of their life, whilst others find it a very difficult topic to discuss or make an informed decision about. It is also not uncommon for people to change their mind as they deteriorate towards the end of their life.

It is important to discuss this choice with your family/carers and the professionals who are caring for you. Many people feel more comfortable to make a preferred choice but to also have a back-up plan to allow for anything unforeseen.

The professionals involved in your care will be able to discuss your options with you and help you make an informed decision.

Planning your funeral

Many people now choose to plan their own funeral, often whilst still in full health. The level of planning is entirely up to each person: for some it is sufficient to say whether they wish to be buried or cremated; some people just want to choose their own songs or hymns; others plan every aspect of the service including choosing the celebrant, planning the order of service and deciding on a dress code for everyone who attends.

Recording what kind of funeral you would like can be very helpful to your family and friends. They are able to organise your funeral in the knowledge and comfort that they are following your wishes and that the service, whether very modern, very traditional or anything in between, will reflect all of the things that are uniquely important to you.

Remember this is your future care plan - you may not wish to answer all of the following questions- you only have to complete the parts that are important to you.

My Future Care Plan

My beliefs (what gives my life meaning)

My values (what I care about in my life)

Are religious or spiritual care
needs important for me?

Yes ☐

No ☐

I would like to see a spiritual lead
in the days leading up to the end
of my life?

Yes ☐

No ☐

Name of faith or spiritual lead if
known:

My wishes (for future care)

I am a registered as an organ donor Yes ☐

No ☐

Where I would like to be cared for in the last months of my life?	1 st choice: 2 nd choice:
Where I would like to be cared for in the last days of my life?	1 st choice: 2 nd choice:
I would like the following family members/friends to be in my care if they wish?	Name: Contact details: Name: Contact details:
If I cannot make my own decisions and others are making decisions on my behalf, I would like the following people to be consulted?	Name: Contact details: Name: Contact details:
These are the things that I would take comfort in? (e.g. support for self and families, pets, music, etc.)	
These are the things that I worry about or fear happening?	
I would like to make an an Advanced Decision to Refuse Treatment? Please discuss this with your health care professional.	Yes ☐ No ☐
Have you written a Will? If yes, where is your Will kept including name and address of your solicitor	Yes ☐ No ☐

Is there anything else that is important to you?

Who has been involved in your future care planning?

Name:
Contact details:
Relationship:

Name:
Contact details:
Relationship:

Did anyone help you complete this document?

If so who?

Yes ☐ No ☐

Name:
Contact details:
Relationship:

Name:
Contact details:
Relationship:

Date:

Do you have a Power of Attorney (PAO) for Health and Wellbeing?

Yes ☐ No ☐

Name:
Contact details:

and/or Finance?

Yes ☐ No ☐

Name:
Contact details:

Celebrating my life - My Funeral

What type of service would you like?

Burial or cremation

Would you prefer a burial or cremation?	
Do you have a pre-paid funeral plan? If yes, with which Funeral Director?	
If no, which Funeral Director would you like to use?	
Where would you like the service to take place?	
What would you like to wear after death?	

Burial

Do you have a family plot or have you purchased a plot? Where is the plot? (Please make sure that your next of kin or executor knows where the paperwork for this is kept)	
If not, where would you like to be buried?	
What style of headstone would you like?	

Cremation

Where would you like this to take place?	
What would you like your family to do with your ashes?	

The service

Where would you like the service to take place?	
Do you want a religious service?	Yes ☐ No ☐ I don't mind ☐
Who would you like to conduct the service?	
Who would you like to take part in your service?	
What music would you like played?	
Do you have anything you would like read at the service?	
Would you like anything included in your coffin? (Some things cannot be included if you have chosen to be cremated)	
What would you like to be dressed in?	
Would you like flowers or would you prefer people to make a donation? If a donation, where would you like the donations to go to?	☐ Flowers ☐ Family flowers only ☐ Donation in lieu ☐ None of the above