



# Having Future Care Planning Conversations

## A Guide For People Thinking About Their Future

### Why have the conversation?

Sometimes it is difficult to know what the person we care for wants. It might be about the small things, like the way they are living day to day. It might be about bigger things, like the care and treatment they would like to receive if they were admitted to hospital. It is really important that everyone has a clear understanding of people's wishes so we can give them the right care and treatment.

It can be difficult to find the right time to have these conversations during an emergency, so it is better if we can talk with our friends and family before any type of crisis happens.

These conversations can be difficult for everyone and easy to put off. If you are not used to talking about these feelings or subjects it can be difficult to know what to say or when to start the conversation. However it can also be really helpful and comforting to have the conversation. It can be a relief to know what someone wants to happen if their health or circumstances change and decisions need to be made.

Our teams of health and social care professionals have had years of experience in having these conversations. We are happy to answer any of your questions and talk about these subjects at a pace that is right for you. If you agree, we would also like to talk with the people who matter to you so that everyone knows what is being discussed and agreed.

### How does it work?

We would like to help you write down thoughts so we can share it with everyone who needs to know. This is called an 'Future Care Plan' and it will help make sure that you receive the right treatment, in the right place, at the right time.

We have suggested some ideas of things we would like to talk about with you and the people who matter to you. We use the word "DISCUSS" to help everyone remember the different topics that are part of Future Care Planning.

Have a think about each of them and what you would like us to know. You might not be ready to talk about some of these things right now. Don't worry we can talk about them at another time.

There will be lots of opportunities to have these conversations. If it helps, you can write down your thoughts and discuss these with us during any appointment or home visit. You can also include anyone else you would like in these conversations.



## What could we "DISCUSS"?

We want to make sure that you understand everything that we are talking about. Please let us know if there is anything that would help you understand things more.

### D Decisions

If you would like other people to be involved in these conversations please let us know. If there are people you would not like involved in these conversations please tell us.

You might also have someone who is your "Power of Attorney". We would like to speak to them as well. If you would like to know more about Power of Attorney then please visit our website [www.nhsggc.scot/planningcare](http://www.nhsggc.scot/planningcare)

### I Interventions

You can talk to us about things we could do to help you, as well as things you might not like to happen. You can also talk to us about treatments that we don't think would be good for you.

You can talk to us about what life is like just now for everyone. You can talk to us about any informal care or support that you receive from other people. This might be things like shopping, making meals or providing personal care. It could also include emotional support.

### S Social Relationships

You can talk to us about whether you give this type of support to anyone else. If you do then you might be a carer. This will help us all to make sure that plans are in place to support everyone if you become unwell or there is a change in circumstance.

If you would like to find out more about help and support available for carers in your local area visit [www.nhsggc.scot/carers](http://www.nhsggc.scot/carers).

### C CPR

Cardiopulmonary Resuscitation (CPR) is a process which tries to restart someone's heart. In most cases it will not be successful. You can talk to us about whether this might be appropriate for you and how you feel about it.

### U Understanding You

You can talk to us about what makes you happy and brings comfort. This might be things like religion or faith, but could also involve how you like to spend your time and the "little things" that bring you joy.

### S Surroundings

You can talk to us about where you would like to receive care and treatment. This could be short or long term treatment. You can also talk to us about where you would like to receive end of life care. This might be at home, hospital, a hospice or a nursing or residential home.

### S Services

You can talk to us about services that may already help you in your day to day life, or other services that could be useful. This might be a clinical service like district nurses, or a social care service like homecare. It could also be support services like Carer Support Services or local community support.