

Future Care Planning

Future Care Planning is a way to think ahead, to describe **what's important to you** and to ensure other people **know about your wishes for the future**. Everyone should have a Future Care Plan, but people with long term conditions or chronic health problems may find it particularly **useful** - it is about helping you to **live well and be prepared for changes**.

Thinking ahead, **discussing** with others and **writing** things down means that your **wishes are known and respected**, and you're more likely to receive the **kind of care you want in the place you choose** if you become unwell or if you can no longer speak for yourself.

Future Care Planning is a straightforward process – it is just 5 simple steps...

