Future Care Planning

Future Care Planning is a way to think ahead, to describe **what's is 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 are 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...

Think

Think about the future – what is important to you, what you would want to happen or not happen if you became unwell.

Talk

 Talk with those who matter most about your future plans.
This ensures that everyone knows your intentions and are prepared.

Discuss

 Discuss your thoughts with the people involved in your care, this might include discussions about resuscitation or refusing further treatment.

Record

 Together write down any decisions that you make. Keep this somewhere safe and secure.

Share

 Share this information with others who need to know about these decisions.
You can also review the plan and make any changes.

Things that you can do

Things that we can do