

Thinking Ahead

You have had to make an important choice to move into a care home. Serious illness and growing older bring challenges that many of us would prefer to avoid thinking about. At the same time, it is important to have as much control as you would like about decisions relating to your future care, especially towards the end of life. Preparing for the worst whilst hoping for the best means that it is much more likely that the right thing will happen at the right time and that your wishes are taken into account.

Thinking ahead and writing down what matters to you can be difficult, but if no one else knows what is important to you, it may not be taken into consideration if a time come when you are unable to communicate.

Any wishes that are written down are not legally binding but it will mean that everyone involved in caring for you knows what you want. If you say what you want now it can help to ensure that you get what **you** want at a time of crisis. You can change your mind about your wishes at anytime and so it is always good to review what is written here from time to time.

Your name	Your date of birth	
Your GP's name	Your GP's telephone number	
Does anyone have Lasting Power of Attorney for Personal Welfare? YES / NO <i>(if yes please record their name , address and telephone number here)</i>		
Details of Those Present at the Discussion		
Name	telephone	
Name	telephone	
Name	telephone	
Details of Care Professional Leading the Discussion		
Name	Signature	Date
Role	Telephone	

Thinking of the future and your life in the care home, what kind of things are important to you?

In the event of a gradual decline in your health, is there anything that you are worried about or that you dread happening?

If any of these things came about what would you like us to do for you?

Do you have a particular faith that is important to you?

Would you like a minister to come and visit you?

Thinking ahead to when time is short and you reach the very end of your life, are there any special wishes that you would want us to know about? *For example, where would you like to be cared for? Would you like music playing in your room? Would you like fresh flowers in your room or to always have the window open?*

Do you have any strong thoughts about treatments that you might want to refuse in the future? *(For example being fed by a tube, blood transfusions or admissions to hospital?)* **Yes / No** *(If yes staff should inform the GP who will discuss this with the resident)*

Do your family and friends know about your wishes? Is there anyone that you need to discuss these things with?

Is there anything else about your future care that you would like to share with us?

REVIEWS

First Review
Summary of review
Names of those present at the review
Date of review
Second Review
Summary of review
Names of those present at the review
Date of review
Third Review
Summary of review
Names of those present at the review
Date of review

ADVANCE CARE PLAN SUMMARY	
RESIDENT'S NAME	DATE OF BIRTH
PREFERRED PLACE OF CARE	1st Review
	Date Signature
	2nd Review
	Date Signature
	3rd Review
	Date Signature
DNACPR COMPLETED? YES / NO	DETAILS
PREFERENCES REGARDING ADMISSION TO HOSPITAL	1ST REVIEW
	Date Signature
	2ND REVIEW
	Date Signature
	3RD REVIEW
	Date Signature
<p><i>Adapted from 'Thinking Ahead' , a document designed by St Christopher's Hospice, London. Used with permission.</i></p>	