

# MY THINKING AHEAD AND MAKING PLANS...

## Helping you to take control and make your wishes heard

**This plan belongs to:**

### **What is a thinking ahead plan?**

To be able to give the best care to people with a serious illness we need to talk about what is important to each person and their family now and in the future.

This 'Thinking Ahead Plan' can help you to think about what things are important to you so you can talk about them with your family and the people who are looking after you. It is a plan that some people like to use to write down important information about their plans and wishes for the future. It helps other people know what your wishes are.

### **What goes in the plan?**

You can use the plan in any way you like. You can put in information about the kind of care and treatment you want to have and where you would like to be cared for in the future as well as the things in your life that are important to you.

### **What doesn't need to go in the plan?**

The plan is not a medical or legal document so you don't need to put medical or legal information in it unless you want to.

### **Why should I have one?**

Some people use the plan to help them talk about things with their family or professionals like their doctor or nurse. It can be used to help you decide things about your care.

You do not have to have one.

### **When should I start one?**

Many people like to start thinking about issues to do with their care a long time in advance while they are feeling well. Other people want to wait till later.

### **When should I add to it?**

You should add to your plan whenever you want to and certainly think about adding to it whenever you see anyone involved with your care.

### **Any more questions?**

We have put some more ideas about ways you might fill in this plan on the next page. You can also ask your nurse or doctor.

## Filling in your plan

### How do I fill it in?

We have put boxes in to give you a few ideas about what you might want to think about. Some people use all the boxes, some just use one or two. You might even want to add a box or page of your own. You can fill in your plan bit by bit and change it whenever you want.

### Who can help me fill it in?

Anyone you want! You can fill it in by yourself, with help from family or friends or with help from your nurses or doctors. If someone does help you, you might want to write their name in at the end.

Tell your GP to note in your records that you have a My Thinking Ahead and Making Plans.

### Filling in the boxes

If you want to use the boxes then here are some suggestions for you.

#### **Important things to me just now**

We would suggest that whenever you fill in any bit of your 'thinking ahead plan' that you think first about what is important to you just now. This should help to make sure that all those involved in your care are aware of what your priorities are at all times.

#### **Planning ahead**

You might want to write about things you are looking forward to, important events coming up or things you want to do

#### **Looking after me well**

For instance where you would like to be cared for and what kind of treatment and care you would want to have or not have. This kind of information can help the professionals looking after you try and make sure it happens.

#### **My concerns**

You can write about any worries you might have for example about yourself and your health, your family or a pet

#### **Other important things**

Basically anything you feel is important but doesn't fit anywhere else

#### **Things I want to know more about**

You can use this section to keep track of any questions you want to ask and answers that you have got.

### Where should I keep my plan?

You should keep your plan with you so that anyone involved with your care can see what is important to you.

**Important things to me just now**

e.g. The things that really matter to me, what I like and what I value

**Planning ahead**

e.g. Important events coming up, things I want to do in the future, things that I want to carry on doing

**Looking after me well**

e.g. Where I would like to be cared for and any treatments I would or wouldn't want

**My concerns**

e.g. Things that worry me now and any worries about what might happen in the future

## **Other important things**

### **Things I want to know more about**

Some people with a serious illness like to know about other things that can be important to them and their family. Some of these might be:

- Benefits advice
- Asking a person you can trust to speak for you and help make decisions about your health or finances if in the future you are not able to do it yourself (Welfare or Continuing Power of Attorney)
- A living will or an advance statement (this can be about both what you would like and what you really wouldn't want)
- Attempting / not attempting to restart my heart - Cardiopulmonary Resuscitation (CPR)

**Things I want to ask about are:**

**Keeping track**

Each time you write in this Plan, you might like to write down in this section the date and the name of anyone who helped you

If you have extra pages please write down how many there are here:

**Useful Contacts**

**My GP's name and telephone:**

**My District Nurse's name and telephone:**

**Other people involved in my care:**