



York Teaching Hospital
NHS Foundation Trust

Advance Care Planning

**Information for the
public and outpatients**



What is an advance care plan?

An advance care plan helps you to consider and record your future care wishes.

Not everyone will choose to think about this and that is fine. However, planning ahead improves the chance of receiving the care you want, and can reduce stress and anxiety amongst those who are important to you.

You do not have to complete one but it can be reassuring to know that, if something unexpected happens, those looking after you would know the care you want.

An advance care plan is included in this booklet. You can fill this in and then share it with those who are important to you, your GP and any health professionals who become involved in your future care. The plan is also available on our website: www.yorkhospitals.nhs.uk.

It's important to know that:

- Your advance care plan does not have to be completed all at once.
- It will only be used if you are unable to make or communicate your decisions for yourself.

The form is not legally binding but will be taken into account when making best interest decisions about your future care.



What is advance care planning?

Think of what you would like the people who are looking after you to know.

You might want to go into lots of detail, or very little, but it is useful to indicate anything that's important to you, no matter how trivial it may seem. You might like to consider things like your pets, music, nature, company, dignity, home, etc.



If you lose the capacity to make decisions yourself, who would you like to help make decisions on your behalf?

Think of who you would trust to do this and talk to them about it. It needn't be a heavy conversation and it might encourage them to plan for their future too.

If you wish, you may choose to give another person legal authority to make decisions on your behalf if you become unable to do so, by legally registering them as Lasting Power of Attorney for Health and Personal Welfare. This can be a relative, a friend or a solicitor.

A form for this can be obtained from the Office of the Public Guardian or some stationery shops that provide legal packs www.publicguardian.gov.uk

Is there anything you would ideally like to avoid happening to you?

What would be important to you as the end of your life approached, and do you have any specific wishes for this time?

You may like to have the option of spiritual support, certain family/friends with you, music or photographs. You might feel that being pain-free is most important, or to be somewhere your pets can stay with you.

Don't be afraid to put down anything that is important to you, no matter how small.

This could be anything you would hope to avoid, such as a particular medical treatment or care setting. If you feel very strongly about not having specific treatments, please ask your community nurse or doctor about also making a formal Advance Decision to Refuse Treatment (ADRT) which is legally binding under specific circumstances.

If you suddenly became poorly today and were taken into hospital unable to communicate, **who would know...**

...whether you have any pets at your home that need looking after?

...when your children need picking up from school?

...if you didn't want a specific treatment due to religious beliefs?

...how to contact your relative abroad?

...whether there are some medical treatments that you wouldn't want?

...that you are scared of needles?

...who you would trust to make decisions on your behalf?

...where your spare house key is, to access your important belongings?

Advance Care Planning
for peace of mind

Talk to your nurse or doctor today

Additional Information


If you have made a will, it is important to tell those who are important to you where it is kept. It would also be very helpful if you were to give details of any preferences you have for your funeral.

This could save family and friends from having to make difficult decisions at an already stressful time. You might want to share thoughts on music, readings, songs, flowers and any charity for donations.

If you have strong feelings regarding burial or cremation, do make a note of these. If you wish to leave your body to medical science Hull and York Medical School can help you to arrange this. You can contact them on tel 0870 124 5500 or visit their website www.hyms.ac.uk

If you are a registered organ donor, make sure this information is known by your loved ones. To register as an organ donor, visit www.organdonation.nhs.uk, or call 0300 123 23 23.





Do you have any further comments or wishes that you would like to share with others?

Please do not hesitate to add any further details that you would like those caring for you to know.

Every effort will be made to meet your wishes and care for you in the way you want.

Next steps

- Share this document and any advance care plan, lasting power of attorney, or ADRT with those who are important to you and your GP.
- Make sure that somebody else knows where to find it.
- Keep your advance care plan with you and bring it with you for any hospital admission.
- Make sure you read it from time to time and update it when necessary.

Plan for the future to enjoy the present.

Tell us what you think of this leaflet

We hope you found this leaflet helpful. If you would like to tell us what you think, please contact the Lead Nurse End of Life Care: York Hospital, Wigginton Road, York, YO31 8HE or telephone 01723 236254.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formie, należy zadzwonić lub wysłać wiadomość e-mail

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