



Planning for dying
can give you
peace of mind for
living

Talk to your loved ones and professional carers about Advance Care Planning

Did you know that you can plan for your future care?

It is never too early to think about the consequence of becoming ill or frail and to talk through with your loved ones and professional carers:

- What kind of care would you want if you became unable to speak for yourself?
- What else would be important to you?

You can record your wishes and plans for your future or end of life care in an **Advance Care Plan** which others can refer to if they need to make decisions on your behalf.

- Well laid plans can give you and your loved ones peace of mind.
- If you record your wishes, you are more likely to get the care you want.

An **Advance Care Plan** is very individual. You can write about anything that would make your care more comfortable, such as where you would prefer to be looked after and by whom. You can also make more formal plans, which might include;

- Appointing someone to make decisions for you (Lasting Power of Attorney)
- Specifying treatment you would not want (Advance Decision to Refuse Treatment)
- Funeral planning
- Donating your organs

If you want to make an Advance Care Plan, talk to your doctor, nurse or other professional looking after you.

For more information visit www.dyingmatters.org

The Bedfordshire booklet "Advance Care Plan" can be downloaded from www.bedfordshireccg.nhs.uk