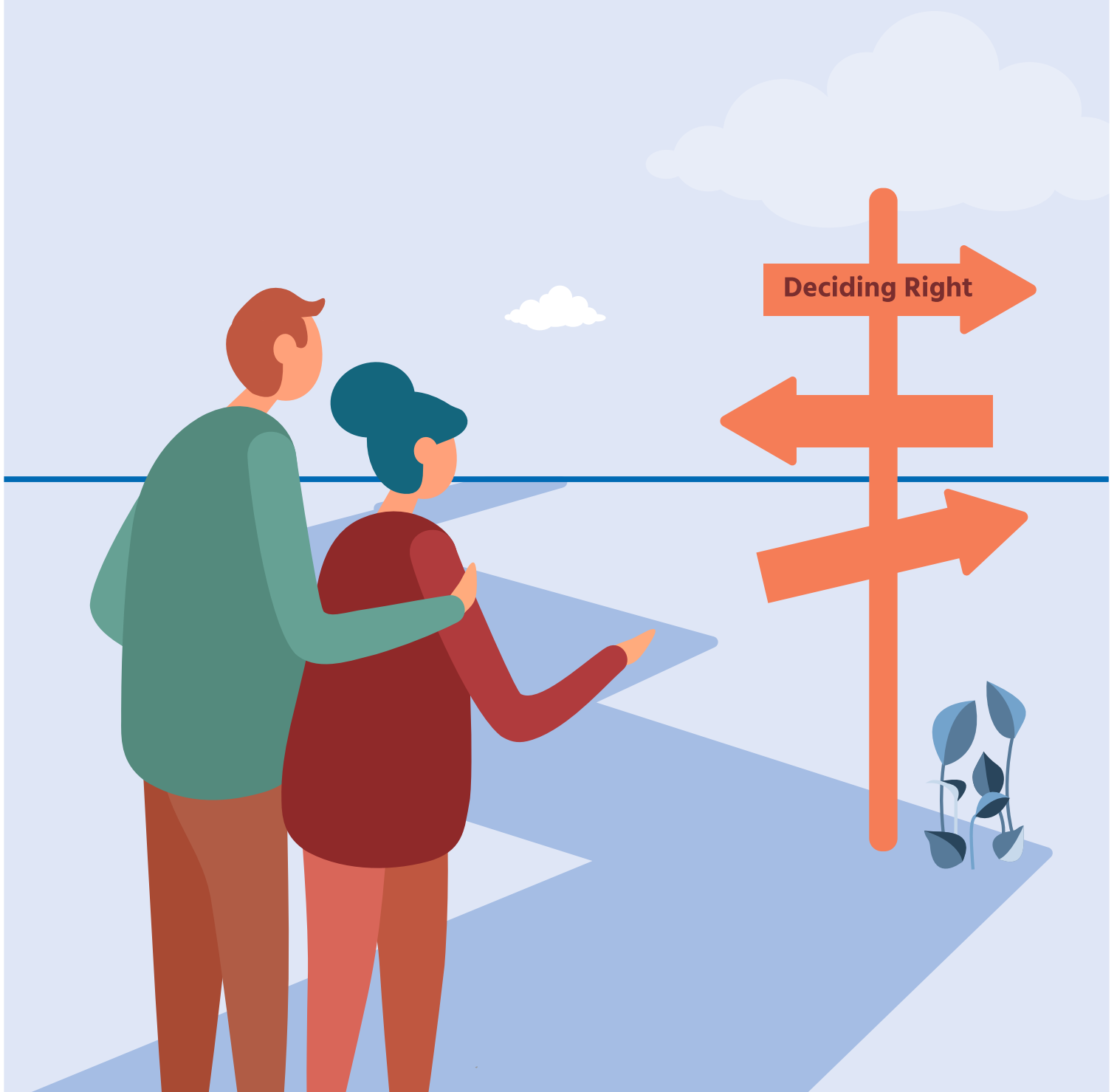


# What is Planning Future Care?



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## What is Planning future care?

Planning future care means talking with staff about your future care.

Anyone can do this.

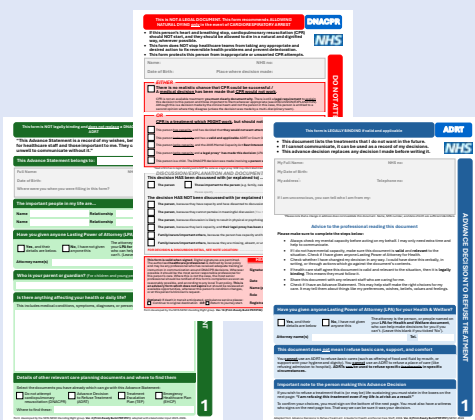
It is very helpful if you have a long-term or serious illness.

This helps staff know what is important to you.



In North East and North Cumbria, we use **Deciding Right** forms.

These forms help people plan their future care.

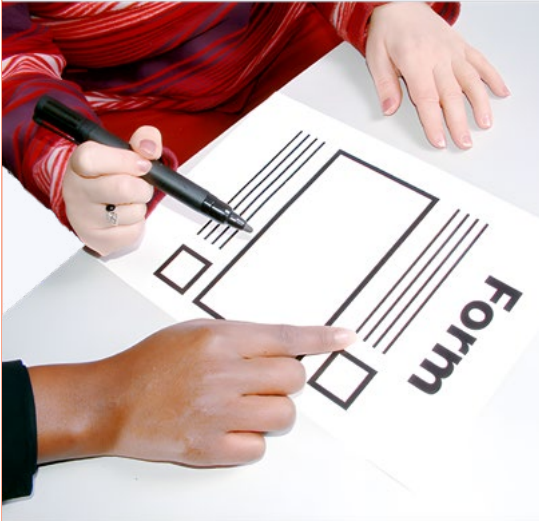


## How do I use Deciding Right?

**Deciding Right** is a set of forms.

The forms ask about your care.

Different forms are for different parts of your care.



The forms help staff know your wishes.

This can be for you or your child.

Staff use the forms to help plan your care.

The forms are used across North East and North Cumbria.



### You can fill in the forms:

- At home
- In a care home
- In hospital

Take the forms with you if you move.



Some people are added to the Palliative Care Register.

This is for people who may be in the last year of life.

It helps plan your **future care**.



**If you are on the register, you get extra support**

Health and care staff can work together to help you.

Emergency services can see information about your care.

This helps them help you quickly.



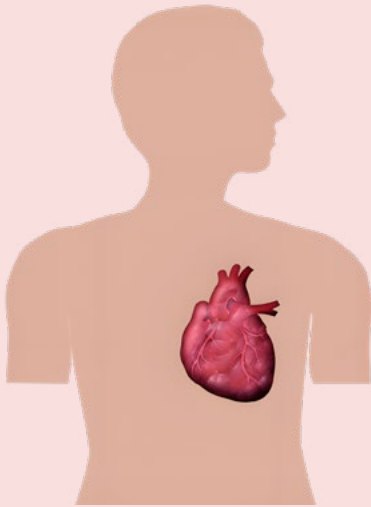


You can fill it in where you feel comfortable.

You can do it:

- On your own
- With family or friends
- With staff

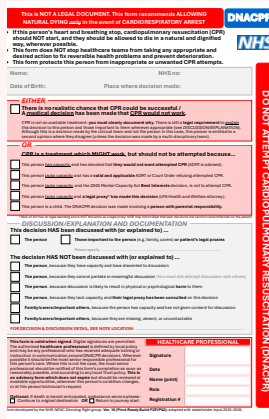
You can change it at any time.



A **DNACPR** form tells staff not to try CPR.

CPR is when staff try to restart your heart and breathing.

The form is used if your heart or breathing stops.

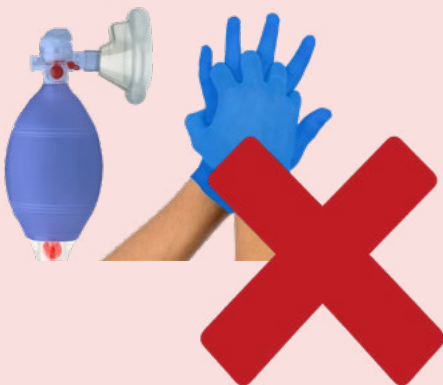


This will allow a natural death.

You will still get other care and treatment.

Staff will still treat other health problems.

## CPR



**A DNACPR may be used if:**

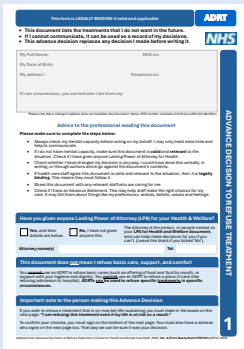
- CPR will not work
- You do not want CPR

Staff must tell you if a DNACPR form is made for you.



They must explain it to you or someone close to you.

You can ask staff about having a DNACPR form.



The form lets you **say no to some treatments** in the future.



## Treatments you may not want

- Some people do not want a breathing machine.
- Some people do not want **tube feeding**.



The form lets you **write which treatments you do not want**



You can **tell staff what you want**.

If the form is filled in properly, **staff must follow it**.

This means it is a **legal document**.

The screenshot shows an NHS Treatment Escalation Plan (TEP) form. At the top, it says 'This Treatment Escalation Plan (TEP) includes recommendations for treatment, based on my wishes and preferences in the event my health suddenly gets worse (in case deterioration)'. Below this, there are sections for 'My emergency contacts', 'Health care professionals (HCPs) for your health & welfare', 'For children and young people, who has parental/guardianship responsibility?', 'I want to participate in making the decisions around this plan', and 'My preferred place of care'. The form includes checkboxes for various preferences and a section for 'My preferred place of care' with options for 'Hospital', 'Home', and 'Other'. The NHS logo is visible in the top right corner.

A Treatment Escalation Plan is a plan for your treatment.

The plan is used if you **suddenly** become very unwell.

You can make this plan **at any time**.



## When is this plan helpful?

This plan can help if your health may change quickly

It can also help if you may be near the end of your life.



**Mental capacity** means you can make **your own decisions**.

What this means

- You can **understand information**.
- You can **make a decision**.



Sometimes people **cannot make decisions**.

There are **laws to protect people**.

These laws are called the **Mental Capacity Act**.

Doctors and nurses **must follow this law**.

## Yellow envelope



You may be given a yellow envelope.

Emergency staff can recognise this envelope.

Keep the envelope in a place that is easy to see.

If you would like to leave a compliment or raise a complaint, you can contact us in any of the following ways:

**Email:** [nencicb.complaints@nhs.net](mailto:nencicb.complaints@nhs.net)

**Freepost address:** FREEPOST NENC ICB COMPLAINTS

**Online:** Visit our website to complete our [complaints form](#).

If you have a general enquiry, please email [nencicb-sun.reception@nhs.net](mailto:nencicb-sun.reception@nhs.net)



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