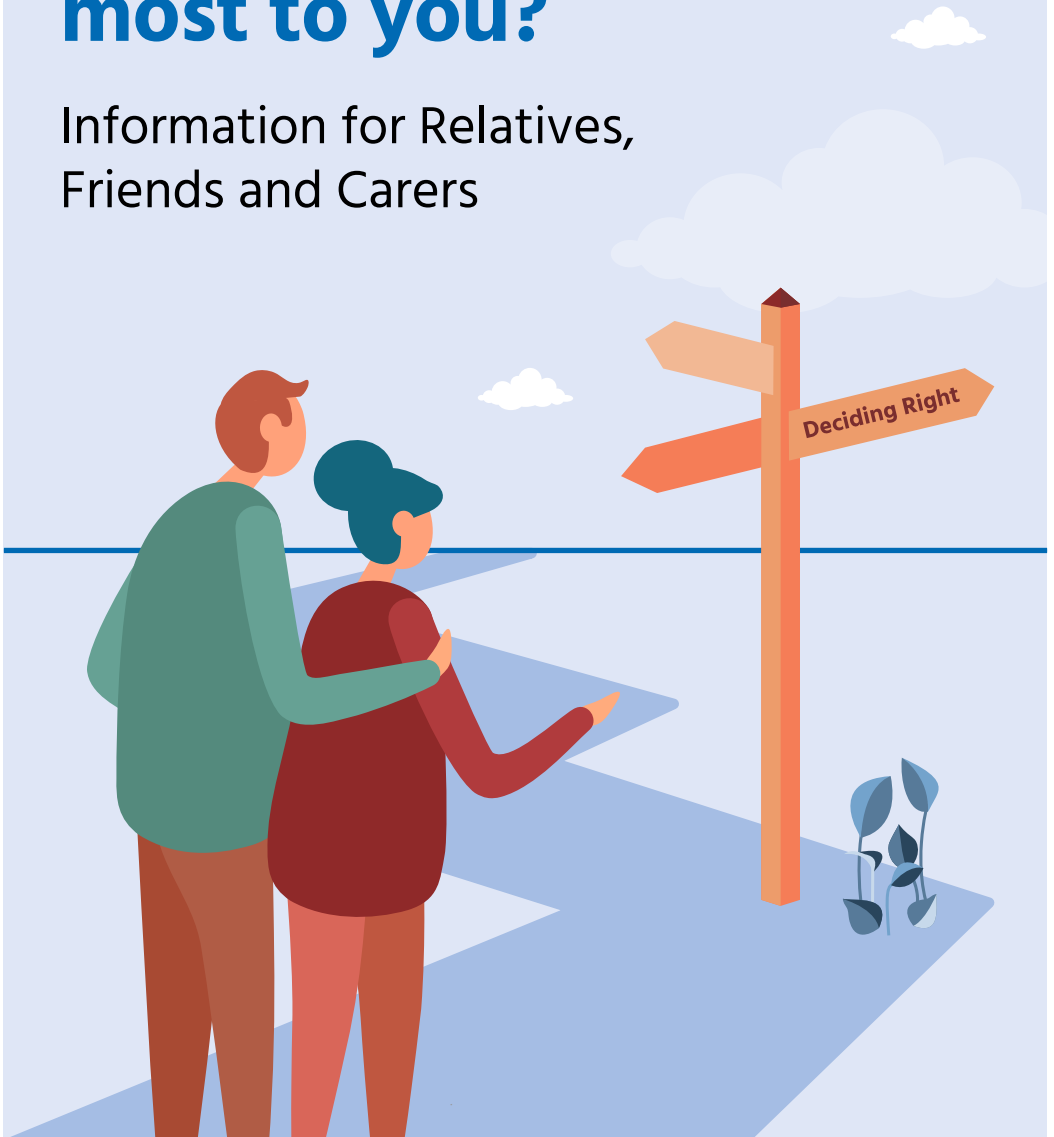


# Advance Care Planning: What matters most to you?

Information for Relatives,  
Friends and Carers



# This leaflet is here to help you talk about Advance Care Planning. It will cover:

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# What is Advance Care Planning?

**Advance care planning is when patients work with staff to plan their future care. It can be done by anyone, and is most relevant to those with a long term or incurable illness.**

In North East and North Cumbria we use something called Deciding Right for advance care planning. To find out more, please look at the Deciding Right website <https://www.northeastnorthcumbria.nhs.uk/here-to-help-you/deciding-right/>





## Palliative Care register

To help manage your health in the last year of life, you may be added to the 'palliative care register'. This is not part of Deciding Right but does help with advance care planning.

Being added to the Palliative Care Register will mean you get extra support from health and social care teams. It gives us the chance to spend extra time coordinating your care for you. This means services will be able to work together more closely to help you.

Services including the ambulance service, will also get more detailed information about caring for you.

Your health care professional will decide whether the palliative care register is right for you. But any member of health care staff can talk with you about it or recommend it to your GP.



# Advance Statement

**An Advance Statement is a record of your likes, dislikes and wishes for your care.**

You can use it to make sure others know what is important to you. This includes things like:

- who you want to care for you and where
- what you find relaxing
- any beliefs that are important to you
- how you like to look or dress
- your wishes for your social media or online information

An Advance Statement will only be used if you cannot communicate these things for yourself. We call this losing capacity.

If you do lose capacity, the form will guide any decisions made for you. It is not legally binding. This means there may be times when carers or staff cannot do what it asks.

You can complete an advance statement wherever is most comfortable for you. You might like to do it on your own, with loved ones or with a healthcare professional.

**If you change your mind, you can edit your advance statement at any time.**

The image shows three overlapping 'Advance Statement' forms from NHS. The top form is partially filled out and numbered '1'. It includes sections for:
 

- This Advance Statement belongs to:** Name, Address, Date of Birth, and NHS number.
- The important people in my life:** A table with columns for Name, Relationship, and Tel.
- Who is your partner or spouse?:** A section for Name, Address, and Date of Birth.
- Is there anything affecting your health or daily life?:** A large text area for medical conditions, symptoms, or treatments.
- Details of other relevant legal planning documents and where to find them:** A section for Wills, Lasting Power of Attorney, and Enduring Power of Attorney.

 The middle form is numbered '2' and the bottom form is numbered '3'. Both are mostly blank. The forms also feature the NHS logo and a disclaimer at the top: 'This form is NOT legally binding and does not replace a Durable, Gillick, or VEP or ADEP'.





# Do Not Attempt Cardio Pulmonary Resuscitation (DNACPR)

**A DNACPR form guides staff not to attempt CPR if your heart and breathing stop at the end of your natural life.**

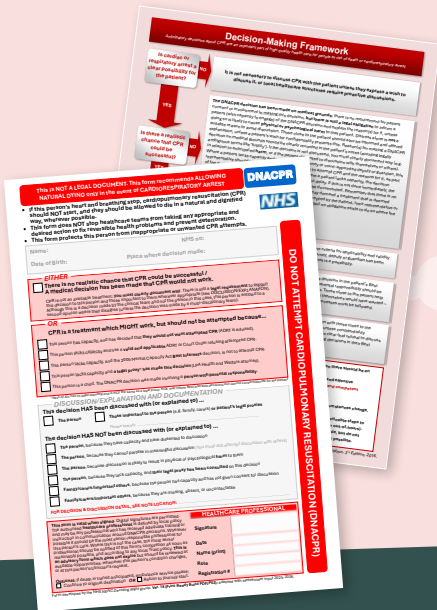
This form does not affect other parts of your care. Health care teams will still try to fix other reversible health problems.

We use DNACPR forms to protect you from inappropriate CPR attempts. There are 2 reasons we might do this:

- we do not think that CPR will work
- you do not want CPR

If staff complete a DNACPR form for you, they must tell you. It is a legal requirement for them to explain it to you or your loved ones.

**You can also ask staff to complete a DNACPR form for you. If this is something you would like, it is best to speak to health care professionals. An Advance Decision to Refuse Treatment form is usually advised (see page 7).**



# Emergency Health Care Plans (EHCP)

An EHCP can help if you have a complex medical condition. It tells others what to do if you have a health emergency.

Healthcare professionals will write EHCPs for emergencies that could happen linked to your illness, this could be seizures, low blood sugars or a large bleed.

If any of these things do happen, there will be detailed instructions for you:

- family or carers
- healthcare staff
- emergency services

An EHCP is not a legal document, but it can guide the people around you in an emergency.

The image shows two NHS Emergency Health Care Plans (EHCP) forms. The top form is partially filled out, showing sections for 'Name of individual', 'Next of kin', 'In the event of...', and 'When to do...'. The bottom form is a full NHS EHCP form with sections for 'My emergency contacts', 'I am able to participate in making the decisions around this plan', and 'My health problems and current condition'.



# Treatment Escalation Plan (TEP)

**A TEP helps guide your care if you suddenly become very unwell.**

You can complete a TEP at any time. But they are especially helpful if you:

- have a medical condition that might change quickly
- are approaching the end of your life

It helps us understand your feelings about treatments. Especially treatments that are difficult or uncomfortable.

This is because what we can do is not always the same as what we should do. Sometimes, doing everything possible could cause suffering without improving your condition.

If you want a TEP, speak to the health care staff caring for you. They will fill it in with you.

They will ask you about what is important to you for your health and wellbeing. This includes things like quality of life and where you want to be cared for.

**It is not a legal document but helps those around you make the best decisions they can.**



# Other important information

**When a person can make their own choices, we say they have Mental Capacity. This means they understand their options and can make a choice at the right time.**

If someone is unable to make decisions for themselves, there are special laws that come into play. These laws are from the Mental Capacity Act (2005).

We must follow this act when someone needs a decision to be made for them.

One of those rules is something called Lasting Power of Attorney (LPA). It lets you choose who will make your important decisions for you if you lose capacity.

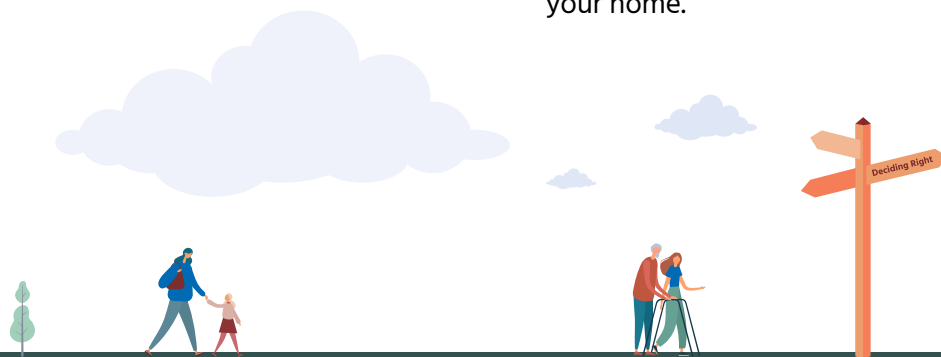
There are 2 kinds of LPA:

- health and welfare
- finance and property

You can get these forms from the office of the public guardian website. Please be aware, it costs money to apply.

If someone ever needs to use Lasting Power of Attorney, they will need to show healthcare staff the documents. So please keep them somewhere safe.

You might get a yellow envelope to keep all your documents in one place. The yellow envelope is recognised by healthcare staff and emergency care teams. So, it is a good idea to keep this somewhere that is easy to see in your home.



[www.northeastnorthcumbria.nhs.uk/here-to-help-you/deciding-right/](http://www.northeastnorthcumbria.nhs.uk/here-to-help-you/deciding-right/)



Scan the QR code to  
access all blank forms  
mentioned in this booklet



**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 [www.northeastnorthcumbria.nhs.uk/contact-us/complaints-concerns-and-compliments/](http://www.northeastnorthcumbria.nhs.uk/contact-us/complaints-concerns-and-compliments/) to complete our complaints form.

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