

We are listening - how did we do?

We welcome your feedback as it helps us evaluate the services we provide.

If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at - www.careopinion.org.uk or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.



Bòrd SSN nan Eilean Siar
NHS Western Isles

My Anticipatory Care Plan



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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Anticipatory Care Planning is about
THINKING AHEAD

Everyone, no matter what age, should think about planning ahead for future care.

If you have a long-term condition or recently had an unplanned admission to hospital, this may be the time to think about your concerns and writing your decisions in an Anticipatory Care Plan.

It is a little-known fact that your next of kin has limited powers without adequate legal provision.

How can an Anticipatory Care Plan help me?

An Anticipatory Care Plan can record your wishes. A written record is very useful in case you are unable to state these for yourself.

Completing an Anticipatory Care Plan can help you make choices about legal issues such as:

- Power of Attorney
- Advance directive (a living will)
- Organ donation
- Making a will.

Completing an Anticipatory Care Plan is voluntary and is not legally binding in any way. It can also be updated at any time to reflect changes in your thinking or circumstances.

Making difficult conversations easier

How would your family know what you would want?

Your Anticipatory Care Plan should be developed over time through conversations and shared decisions with your family and friends.

It can be a useful tool to discuss the future, such as wishes and views about end of life care. This could include where you would want to be cared for and under what circumstances you might not want to be resuscitated.

You don't have to worry about writing your Anticipatory Care Plan in a formal way. You can write it in an easily understandable way.

What matters to you

Your Anticipatory Care Plan can also be shortened into your treatment plan which can be shared electronically via the Key Information Summary completed in your GP health record.

With your consent this can be shared with the Ambulance service, NHS24, your local Emergency Department - the urgent care teams who may be involved in looking after you in a crisis.

Who can help?

Anticipatory Care Plan paperwork has been distributed widely throughout the Western Isles. Simply request the booklet from your GP surgery, community nursing team or other senior care staff.

If you have a smartphone, you can complete 'My Anticipatory Care Plan' in the "Let's think ahead" App. This can then be emailed for safe keeping. For more information, visit <https://ihub.scot/anticipatory-care-planning-toolkit> where you can download this App.

Most people will complete the document with their families and friends, keeping it somewhere safe in case it is needed.

If your health is deteriorating and you are regularly seeing a health or social care professional, you may wish to discuss your Anticipatory Care Plan with them and having your treatment plan shared. When needed, health or social care practitioners can also assist you by discussing questions and options about your future care with you.

Where can I find further information?

For more information, visit www.nhsinform.scot/campaigns/anticipatory-care-planning