

## What matters to you?

This space is for you to write down any questions, thoughts and specific wishes you may want to discuss:

# Patient Information

## Introduction to Planning Your Care

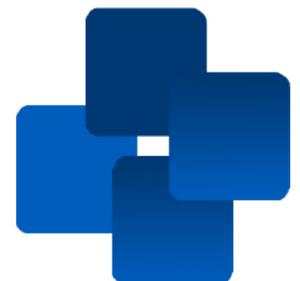
Thinking about your wishes for  
care and treatment

Lister Hospital

More information leaflets are available on our website including:

- ◆ **Planning for your future care**
- ◆ **Treatment escalation planning**

[www.enherts-tr.nhs.uk/patient-information/](http://www.enherts-tr.nhs.uk/patient-information/)



## Introduction

Having conversations to discuss your thoughts and wishes regarding care and treatment, especially about what you want to happen in the future, can sometimes feel awkward and difficult or even a bit daunting.

There may be times in your life when you have thought about the consequences of becoming seriously ill or disabled. This may have been at a time of ill health, such as a hospital admission, or simply because you are the sort of person who likes to plan ahead.

You may want to take the opportunity to think about what living with a serious illness might mean to you, your partner or your relatives, particularly if you become unable to make decisions for yourself.

## What is Advance Care Planning (ACP)?

Advance care planning is an entirely voluntary process and no one is under any pressure to do it. However, conversations between you, your loved ones, and your health and care professionals are important to understand what matters to you and what is realistic in terms of your care and treatment.

You may wish to record what your preferences and wishes for future care and treatment might be, or you may prefer to trust those around you who understand the circumstances of your care to make decisions in your best interests at the time.

Planning ahead means that your wishes are more likely to be known by others and specific wishes, such as preference on where you are cared for, are more likely to be met.

## Who can help me plan for my future care?

You can discuss your plan with your doctor or nurse during this hospital admission. Your family, carer or advocate (e.g. a friend) can be involved with your permission. Sometimes, a Treatment Escalation Plan is discussed and documented.

## What is a Treatment Escalation Plan (TEP)?

A Treatment Escalation Plan (TEP) provides the opportunity for you and the doctors and nurses caring for you, to discuss and come to an agreement on your overall plan of care. The TEP details the treatment options you may or may not benefit from should your health condition deteriorate (get worse).

## Can the TEP be changed?

The TEP only applies to your current stay in hospital and is used as a guide to treatment. The TEP will be reviewed if either your condition changes and/or your senior doctor changes. Should you be discharged from hospital and readmitted in the future, your condition will be reviewed with you and a new TEP completed.

## When can I discuss planning my care?

You will have the opportunity to talk to your doctor or nurse about your care plan and ask any questions you have whilst staying here at the hospital. After discharge from hospital, you can arrange to talk to your GP. Please have a think about some of the things that are important to you, such as:

- ◆ Do you wish to have treatment options discussed with you as part of your care?
- ◆ Do you want your care discussed with your loved ones? You should consider sharing your wishes with your family/carer, so they are aware of your decisions. Please note: your family, carer or advocate will not be able to decide on treatment options on your behalf unless they can present a registered 'lasting power of attorney (LPA) for health and welfare' document.
- ◆ There are some treatments that may cause discomfort to you or a reduced quality of life, such as resuscitation. Do you want to have more information about this?

**This information leaflet is for you to keep...**

**Please use the space on the back of this leaflet to write down any questions, thoughts and specific wishes you may want to discuss.**

## Useful websites for more information

- ◆ **Making decisions on behalf of someone**  
[www.gov.uk/make-decisions-for-someone](http://www.gov.uk/make-decisions-for-someone)
- ◆ **Lasting Power of Attorney (LPA)**  
[www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney)
- ◆ **Resuscitation Council UK**  
[www.resus.org.uk/public-resource/cpr-decisions-and-dnacpr](http://www.resus.org.uk/public-resource/cpr-decisions-and-dnacpr)
- ◆ **Advance Decision (Living Will)**  
[www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/](http://www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/)