Who can I talk to if I want further help about anything in this leaflet?
The staff at Trinity will be pleased to talk to you about anything relating to ACP. If you prefer you can speak to your own GP or District Nurse or Trinity’s Community Nurse Specialists when they visit you at home.

Other leaflets that Trinity produces which you might find helpful include:

- Lasting Power of Attorney
- Next of Kin
- Fluids at the End of Life
- Cardiopulmonary Resuscitation (CPR)
- Advance Decision to Refuse Treatment
- Corneal and Tissue Donation

How to contact Trinity
Royal Trinity Hospice
30 Clapham Common North Side
London SW4 0RN
Call: 020 7787 1000
Email: enquiries@royaltrinityhospice.london
www.royaltrinityhospice.london

@trinityhospice
RoyalTrinityHospice
This leaflet explains how to consider your choices and preferences for the future. If you have any other questions we hope you will talk them over with a member of Trinity’s staff who will be glad to help.

Why does thinking ahead matter to me?
Serious illness brings challenges that many of us prefer to avoid thinking about. At the same time many of us fear loss of control about decisions relating to our health.

Thinking ahead and writing down what matters to you can be a daunting process. However if no one else knows what is important to you, your preferences and choices may not be taken into consideration. It may be difficult to talk together as a family and you may not always agree, but having these conversations can help direct decisions that sometimes need to be made at a time of crisis. You may also like to talk to someone in your healthcare team.

Writing your preferences down will ensure that your carers or health professionals can tailor care to your wishes.

Why is it a good idea to write down what I think?
Writing down your preferences and choices can help you to influence what happens to you if you are no longer able to communicate your wishes. It gives you the opportunity to think about what you would and would not like to happen to you. It helps health care professionals know what is important to you when planning your care should you be unable to tell them yourself.

Where can I write down my preferences?
Trinity has an Advance Care Plan booklet that you can use for this purpose. The booklet will guide you through a series of questions and ideas for you to think about. The booklet is yours and you can show it to whoever you decide needs to see it. Just ask a member of the Royal Trinity Hospice team if you would like a copy of the booklet.

What sort of things should I write about?
Advance care planning should incorporate everything that is important to you, for example your physical care or your values and beliefs. Bearing in mind your circumstances can change, the booklet can help you to think about aspects of care that you haven’t yet had to consider. You do not have to complete it all at once, you may want to think about or discuss things with your family and/or friends or your healthcare team.

Can I change my mind once I have written down my wishes?
Recording your preferences in this way creates an ‘advance statement’ which is not legally binding. We recommend reviewing it regularly with your family or healthcare team. You can change your mind at any time.

What about treatment I don’t want?
You can record in this document certain treatments or procedures you would rather not have and this will be taken into account.

However if you feel really strongly about refusing certain treatments you will need to complete an Advance Directive to Refuse Treatment (ADRT) which is a legally binding document. If there are any treatments or procedures that you do not want you will need to discuss this with your doctor. It is important that an ADRT is put in writing, signed and witnessed and that it includes a statement that the decision stands ‘even if life is at risk’.

What is advance care planning (ACP)?
ACP is the process of deciding what plans you want to make for your future care, often in discussion with a healthcare professional. This may take place whenever you think about what care you might need in the future.