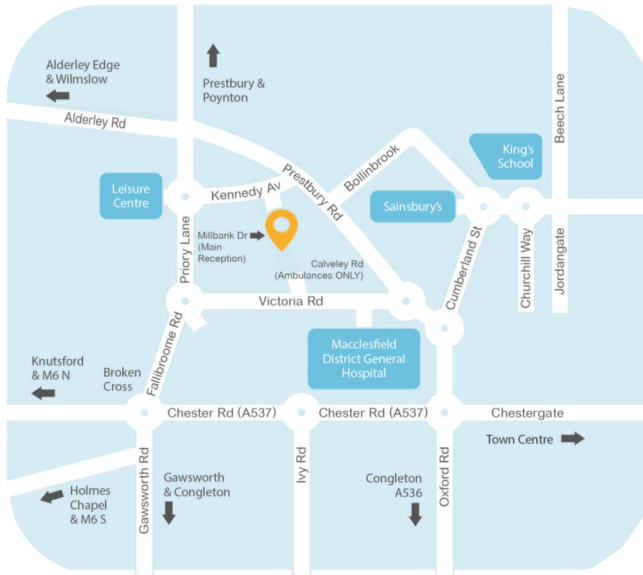




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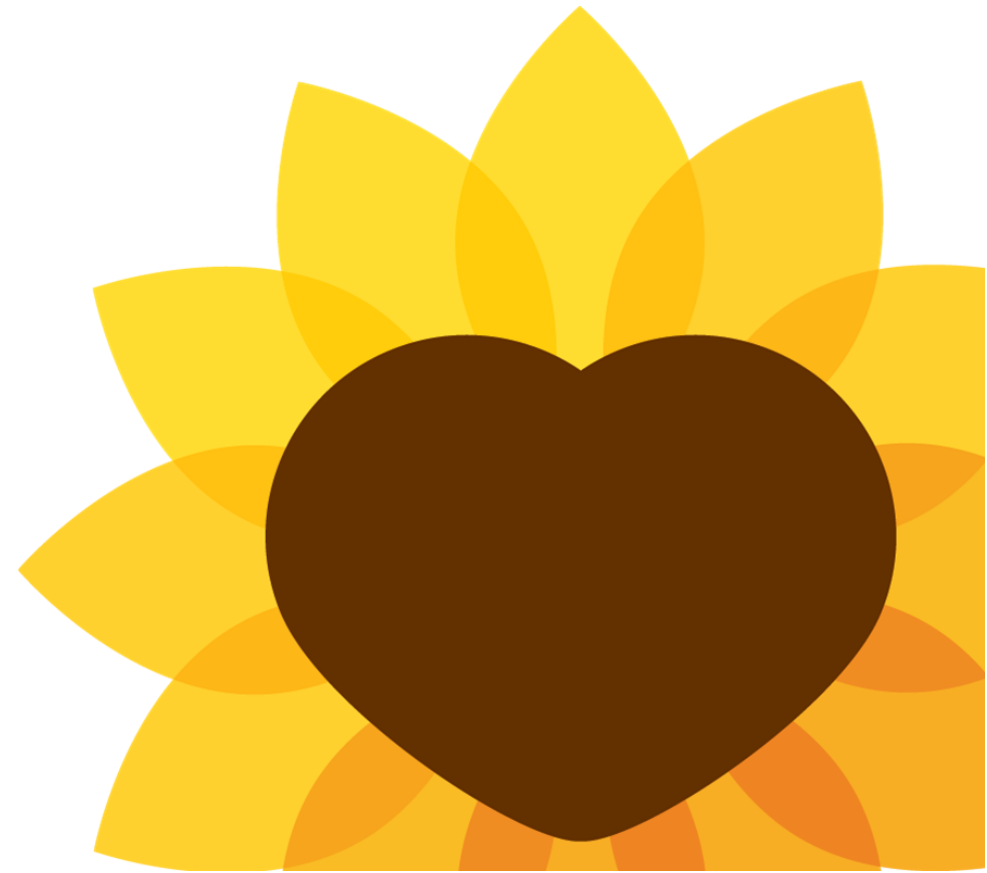


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# Planning your future care



If you have been diagnosed with a life limiting illness, you may have worries and concerns about your future care, particularly if there may be a time when you are unable to make decisions for yourself or verbalise them.

One way of making people aware of your wishes about your future care is through a process called Advanced Care Planning. Our team can work with you to develop a plan, to ensure that all future care is delivered according to your wishes and preferences.

If you have already put together a care plan or used another means to record your wishes, please make sure that we are aware of this so that we can deliver your care accordingly.

### Opening the conversation

We can help you and your loved ones start to discuss the things most important to you. We understand the subject of advanced care planning for some can be highly emotive. We will be here to help facilitate and support you during this time.

### Exploring your options

You may not even know where to start! We can help by giving some suggestions and signposting you in the right direction.

### Identifying your wishes and preferences

We can give you the time and the tools to help you document your wishes and preferences on subjects such as organ and tissue donation, resuscitation orders, your preferred place of care at end of life as well as all the things that are of upmost importance to you.

### Identifying those who you wish to be consulted on your behalf

If there comes a time when you are unable to communicate your wishes you may wish to think about nominating a person/ persons who will be your voice. Making plans for this so your loved ones are aware of what you want will make things easier for you both in the future.

### Letting people know your wishes

When you have had time to think and document all these things down we can then help you to share this information to those who will need it e.g. your GP, District Nurses, Macmillan team or other healthcare professionals involved with your care.

Advanced Care Planning is a totally voluntary process. It is not everyone's choice to engage in such a conversation, however talking and planning ahead means that your wishes are more likely to be known and acknowledged.



**Remember you can change your mind at any time.**