

## The Aims of Advance Care Planning

Our aims are to give you the best quality of care especially towards the end of life. By documenting your decisions it enables us to speak and act on your behalf. In the event of an emergency we have your written evidence to enable the professionals to make an informed decision regarding the best plan of action for any treatment you may need. It empowers us to work together with the Health care professionals who are caring for you enabling us to work as a team with you at the heart of it.

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## Useful Information

Planning for your Future Care

[www.endoflifecareforadults.nhs.uk](http://www.endoflifecareforadults.nhs.uk)

Do Not Attempt Resuscitation

[www.resus.org.uk/pages/dnarrstd.htm](http://www.resus.org.uk/pages/dnarrstd.htm)

Do not hesitate to speak to our Staff for any further help or advice should you need.

Suzanne, Marnie, Sonia, Julie, Chris

Jeanette and Rose

will be pleased to help.

Enabling a gold standard of care for all **people nearing the end of life.**

## CULLIFORD HOUSE

*Private Residential Care Home for the Elderly*

# Advance Care Planning



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## What is Advance Care Planning (ACP)?

An Advance Care Plan is a way of planning ahead for your future care should you become less well and unable to express your wishes.

It enables you to document precisely what you want those people caring for you to know about you.



## How do I make an Advance Care Plan?

Our staff are able to help you with any queries you may have and will be happy to record your wishes within your ACP.

An ACP can be added to as and when you choose, if something comes to mind that is important to you we can record it.

If you change your mind at any time it can be altered to suit your current need. It allows you to express how you wish to be physically cared for and just as

importantly how you are cared for spiritually and emotionally. If you wish you can include your family or friends on these discussions but it ultimately revolves around you and what you want.



## What do I put in my ACP?

You can include anything you like that is important to you and things you do NOT want, if a time should arise that you are unable to tell someone.

This may include: your preferred place of care, treatment options – including resuscitation status, the music you prefer to listen to, being able to see photos of your loved ones, even the way you like your pillows positioned when you go to sleep.

Think of all the things that make you happy, bring you joy, comfort or peace of mind. By sharing this we can be sure that

we support you to live your life the way you want to live it.

Also, you can make arrangements for your funeral – which funeral directors, the type of service you want, possible Hymn choices, whether you would like floral tributes or donations to a charity(ies) which are close to your heart which in turn eases the stress for your family trying to do the right thing for you, by making decisions they may not be sure of.



Here at Culliford House we want to give you all the help and support you and your family need at any time, so please do not hesitate to contact us.

