

PLANNING AHEAD IS A WAY TO CELEBRATE AND EXPRESS WHO YOU ARE

Advance Care Planning is a way to think ahead, to describe what's important to YOU and to ensure other people know your wishes for the future. This is very similar to writing a will, the difference being that a will talks about what you want after your death - an Advance Care Plan talks about what you want BEFORE your death.

Thinking, talking with others, and writing things down means that your wishes are known and respected, and you are more likely to be able to experience the choices you prefer, especially if you can no longer speak for yourself.

Advance Care Planning is about helping you to live well right to the end of your life. Please remember it is important to share your plan with your loved ones and health professionals. Make sure they know what you want.



'Having taken the time to think about what I want when I die, I can now focus on living!'

Please pass this leaflet on to someone else and carry on the conversation!

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Together we care

NHS

Hertfordshire

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START THE CONVERSATION

Let's
talk about
Death



'Is there such a thing as a good death?'



It can be really hard to talk about death and dying. But it can be harder for you and your loved ones if you don't. Perhaps this leaflet will help...

PEOPLE JUST DON'T TALK ABOUT DEATH!

So why is it such a taboo subject when it inevitably affects us all?

We can't choose how we enter this world, but we can have a say in how we want to leave it – and even though it might be difficult, talking about things often makes us feel better.

So how can you start this conversation?

MAKE TIME FOR YOURSELF

Think about what makes you... **YOU!**

What are the things that are important to you and would help you to live well right to the end of your life e.g. family and friends, routines, likes and dislikes, beliefs?

Are there things you really want to do, or say, or give before you die?



'Who would look after my pets?'

QUESTIONS WHEN CONSIDERING YOUR FUTURE:

What do you want to happen?

- If you became unwell, where would you like to be cared for - home, hospital or hospice?
- Have you specific requests or preferences about your care?

What do you **NOT** want to happen?

- Certain treatments.
- Cardiopulmonary resuscitation (CPR).

Who will speak for you?


If you could no longer speak for yourself:

- Proxy Spokesperson
- Lasting Power of Attorney (LPA)

What would you plan for your funeral?

- Where will it be held?
- Buried or cremated?
- Music, dress code, who to attend?

TIME TO TAKE ACTION



THINK, stop and take the time to decide what is important to you.

What song best reflects your life?'

TALK with family and friends, GP, other health professionals, solicitor or perhaps attend a 'Death Café'.

WRITE down your choices, especially if it is hard to talk, and let people know where to find them; this is really important.

SHARE your information with others who need to know e.g. family and friends, GP, LPA and review it regularly.

All this information is known as an **ADVANCE CARE PLAN**

Not only is it the best way of making your wishes known, it also helps to make a difficult time easier for your loved ones.