Advance Care Planning in life limiting illness
Information for patients, families and carers

Easy Read

Shining a light on the future
A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.
Advance Care Planning (ACP)

The law says you have the right to refuse treatment if you have capacity. If you do not have capacity the law also protects you by making sure any decisions made about your care are in your best interests.

This leaflet explains advance care planning in end of life care.

If you choose to, you can discuss your future wishes with those involved in your care.

What is Advance Care Planning?

At any time during a life limiting illness, there may be times when you want to make clear your choices about your future care in the event that you lose capacity in the future.

Advance care planning is about discussing choices around future care in life threatening and life limiting illness.

Only people with capacity can take part in advance care planning.

Advance Care Planning can include:
- An Advance Statement
- An Advance Decision to Refuse Treatment
- Setting up a Lasting Power of Attorney.
What is an Advance Statement?

Advance statements are a spoken or written record of your wishes, feelings, beliefs and values, they are useful in the event you lose capacity.

You may want to make sure that people know where you would like to be cared for and who you would like to care for you.

You may want to let people know what you want to happen with your pets or belongings.

Families, carers and professionals must take these wishes into account if you lose capacity.

Your health professional will be able to talk to you about making advance decisions.
What is an Advance Decision to Refuse Treatment (ADRT)?

An advance decision is something you make if you want to refuse specific treatment should you become unwell.

It is made when you are well and are able to understand the implications of refusing the specific treatment. Your decision must be written on paper if you are refusing treatment that would keep you alive.

An advance decision will always be about what you don’t want to happen (refusing treatment).

You should clearly specify the treatment you are refusing, why you are refusing it and in what circumstances.

An advance decision is legally binding on carers and health professionals if you lose capacity.

Your health professional will be able to talk to you about making advance decisions.
What is lasting power of attorney (LPA)?

You can ask someone to represent you as a lasting power of attorney to manage your property and money, or a different lasting power of attorney to make decisions about your health and care.

A lasting power of attorney can only decide for you in the event that you lose the capacity to make those decisions because of illness.

The person you have appointed as your lasting power of attorney must act within the principles of best interest. Your health professional will be able to talk to you about appointing someone as a lasting power of attorney.

Problems, complaints or suggestions

Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.
Leaflet developed with reference to The National End of Life programme guidance document ‘Capacity Care Planning and Advanced Care Planning in Life Limiting Illness’ (2011)
Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 223 2545

Published by the Patient Information Centre

2015 Copyright, Northumberland, Tyne and Wear NHS Foundation Trust

Ref, PIC/599/0215 February 2015 V2

www.ntw.nhs.uk/pic    Tel: 0191 223 2545

Review date 2018