

# My Future and End of Life Care Plan

Put your photo here

My name is:

I liked to be called:

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Plymouth and Together for Devon*



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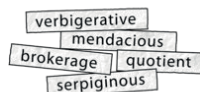
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## What is Your Future and End of Life Care Plan?



You are writing this plan so that you can tell people about:



The things that are important to you.



The people who are important to you.



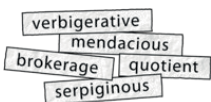
How you would like to be cared for if you are very ill or dying.



It will help the people caring for you make decisions in your **best interest** if you are unable to tell them yourself.



It is important to know that this plan is **not legally binding**.



Hard and confusing words in **bold** are explained at the back of this plan in the Glossary from page 27.



## Important things for you to know:



You can change your plan at any time.



This plan belongs to you but will need to be shared with the people who are caring for you.



When this plan has been filled in you will need to keep it in a safe place.

My safe place for my plan is:



Please share your plan with people who are important to you. Tell them where your plan is.



You can use words, pictures, photographs, stickers, glue, audio-recordings and more to help you to make this plan.



# This is how I like to be communicated with:



A communication passport



Makaton

Friend



British Sign Language

Understand



Symbols, pictures or photos



Objects



A Palantypist



A Lip speaker



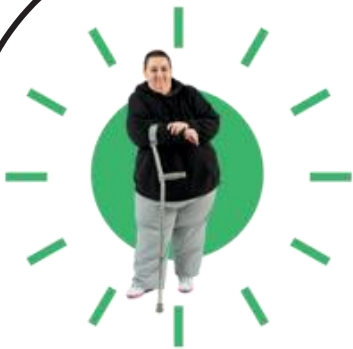
A communication aid

Other:

# What Matters Most to Me



Use these pages to tell people about yourself.



What matters to you.



When are you most happy?

# What Matters Most to Me

Your favourite things and hobbies.



Things that make you worried or sad.





## What I like:

I would like to do these things if I can:



A large, empty rounded rectangular box for writing down things the user would like to do if they can.



These are the things that I like to have around me:



A large, empty rounded rectangular box for writing down things the user likes to have around them.

# What I don't like:



Don't Like



Think about things that make you angry, annoyed, anxious or upset. For example, loud noises, needles, being in the dark, calling for an ambulance.



This is how you can tell I am angry, anxious or upset:



A large, empty rounded rectangular box for writing.

This is how you can tell I am in pain:



A large, empty rounded rectangular box for writing.

This is how to help me calm down and relax:



A large, empty rounded rectangular box for writing.

# People who are important to me:



Think about friends, family, support workers, community or spiritual leaders, faith or church group(s).



A large, empty rounded rectangular box intended for writing or drawing.



# These people can support me to make decisions:

Important people (name and relationship):



My Lasting Power of Attorney(s) for health:



My Lasting Power of Attorney(s) for finances:



My Court Appointed Deputy(s):



I might need an **IMCA** to support me to make decisions - Yes or No?



## If I am very ill or dying:



If I am very ill or dying I would like these people to be told:



Wherever possible this is where I would like to be cared for if I am very ill or dying:



# How I would like to be cared for if I am ill or dying:

You might like to include things like having a window open, having a shave or listening to music.



A large, empty rounded rectangular box intended for the user to write their preferences for care.



## Before I die I would like to think about:



A **memory box** is a box in which to keep things that mean something to you.

I have made a memory box Yes  No

I would like to make a memory box Yes  No



It is kept:

When I die I would like to leave my memory box to:

---



## What will happen to my belongings:

When I die I would like my things to go to:

---

## Making a Will:



I have made a **Will**  Yes  No

My Will is kept:

The **executor** of my Will and contact details:



I would like help to make a Will Yes  No





## Celebrating your life:



The next few pages will help you think about how you might like to be remembered and to plan a celebration of your life which may involve a funeral.



There may be some terms you have not heard of before. You can see what they mean in the Glossary at the back of this plan.



It is important to ask whoever is helping you fill in this plan to explain any words you do not know or understand.



There are also different organisations you can go to for information which you will find explained on page 21.



## How I would like to be remembered:

I would like my friends and family to remember me by:



I would like a funeral  Yes No

I would like my funeral to be at:



I have a paid **funeral plan**  Yes No

If yes my funeral plan is with:



I wish to **buried / cremated.**



The person I want to plan my funeral is:

## At my funeral I would like:

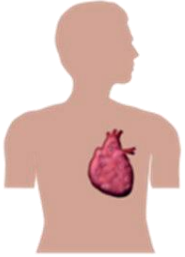


You might like to think about prayers, poems, readings, flowers, donations, music, hymns, things to be put in your coffin, a wake.

A large, empty rounded rectangle with a black border, intended for writing or drawing.

If cremated I would like my ashes to be:

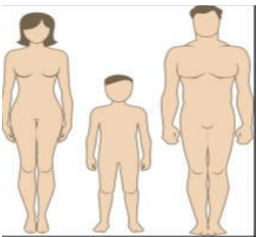
## What happens to my body when I die:



I would like to **donate**:

**My organs**

Yes    No



**My body for medical-science**  Yes    No



**I would like you to take care of my body:**

You might want to include religious, spiritual or cultural customs, clothes or possessions that you would like to stay with you:





## Important things to remember:



The following pages will explain some things that are important to remember in your planning. Ask someone to help you if you don't understand.



**1.** A **solicitor** can help you make a **Will** or appoint a **Lasting Power of Attorney** but you will probably need to pay them for this help.



**2.** Speak to a **funeral director** if you would like to buy a funeral plan.



**3.** Your funeral will cost money.



**4.** You will need to talk to an **insurance company** if you would like to buy **life insurance** to pay for your funeral or cremation.



**5.** Your doctor or nurse can help you think about medicines or treatments that you **would not** want to have in the future.

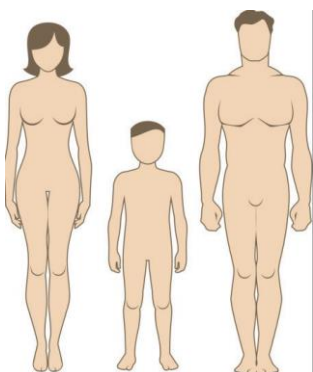
You can fill in some special paperwork to let people know what you have decided.



This is called an Advance Decision to Refuse Treatment (ADRT). It needs to be signed by you and a witness (signed by another person too).



**6.** If you want someone to make decisions on your behalf about your healthcare you can choose someone to be your **Lasting Power of Attorney for Health (Personal Welfare)**. This will cost you money. You may want to pay a solicitor to help you to do this.



**7.** You will need to talk to people who are important to you and your healthcare team if you would like to arrange to **donate your body to medical science** after you die. This will cost money.



8. You will need to talk to people who are important to you and your healthcare team if you would like to arrange to have your **organs or tissues donated** after you die.



Please write down any questions you may have:





## Where to find help:

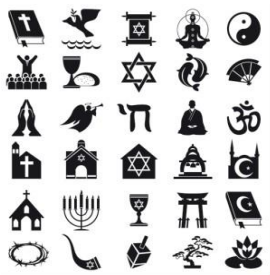
### My Learning Disability Healthcare Team

telephone number is:



### My Doctor's name and telephone number is:

### My Spiritual Leader :



Name:

Contact details:

### Other Organisations:



#### Age UK:

[www.ageuk.org.uk](http://www.ageuk.org.uk) and click on information and advice or call 0800 678 1602



#### Alzheimer's Society:

[www.alzheimers.org](http://www.alzheimers.org) 0333 150 3456



#### Citizens Advice:

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) and type in the word funeral





## Other Organisations:



**Compassion in dying:** To help you talk about how to plan for the future  
[www.compassionindying.org.uk/](http://www.compassionindying.org.uk/) or call 0800 999 2434



**Lasting power of attorney:**  
[www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney)



**MacMillan Cancer Support:**  
[www.macmillan.org.uk](http://www.macmillan.org.uk) and click on information and support or call 0808 808 00 00



**Somerset End of Life Care:**  
[somerset.eolcare.uk](http://somerset.eolcare.uk)



**NHS Choices:**  
[www.nhs.uk](http://www.nhs.uk) and type in end of life

# Learning Disability Health Services



[CTALDHealthReferrals@SomersetFT.nhs.uk](mailto:CTALDHealthReferrals@SomersetFT.nhs.uk)

South Somerset 01935 846404

Mendip 01749 341157

Bridgwater 01278720255

Taunton 01823 668790



Spiritual Care

[chaplains.acute@somersetft.nhs.uk](mailto:chaplains.acute@somersetft.nhs.uk)

[info@st-margarets-hospice.org.uk](mailto:info@st-margarets-hospice.org.uk)

## Glossary/hard words explained:



**Appoint** = to officially name someone to act for you.



**Best interest** = is a decision made for you when you are unable to tell people your choices and decisions.



**Burial** = before someone dies they may choose to have a burial, be buried. A burial is when the person's dead body is put in a special box called a coffin. The coffin is then put into a hole in the ground called a grave.



**Cremation** = before someone dies they may choose to be cremated, have a cremation. A cremation is when a person's dead body is put in a special box called a coffin.



The coffin is put in a very hot fire and burnt until it becomes ashes. The ashes can be put in the ground or scattered in a special place.

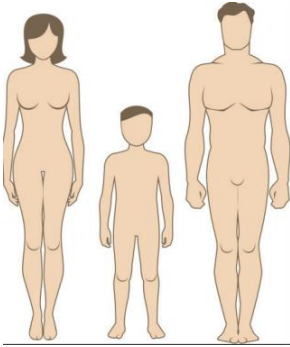




**Donate organ or tissue** = you can decide if you want to give your organs and body tissues to help other people after you have died.

Organs are parts inside the body, for example: heart, liver or kidneys.

Tissues can be inside or outside the body for example: eyes, bones and skin.



**Donate body for Medical Science** =

you can decide if you would like to leave your body to be used in research or to teach health students about the body.



You will have to sign a form to say that is what you want. Another person will need to witness your signature by signing the form too. The form should be kept with your will.



There is a cost to take your body to the medical school in Bristol.

Telephone: 0117 954 6203



There is a lot to know and arrange about donating bodies for medical science.

For more information ask the Human Tissue Authority: Ring: 020 7269 1900

Look online: [www.hta.gov.uk](http://www.hta.gov.uk)





**Executor** = before a person dies they can choose someone to be the Executor of their Will. The Executor will make sure that the final wishes written in the Will are carried out.



**Funeral** = when family and friends come together to remember the person who has died.



**Funeral director** = a person who is paid to arrange a funeral.



**Insurance company** = a business that helps you put money towards paying for something unexpected that could happen in the future, such as if you have a bad accident and need to pay for care.



**IMCA = Independent Mental Capacity Advocate.** An IMCA is someone who speaks up for you. They do this if you do not have family or friends who can do this for you. They can help you make important decisions about your health and housing needs.



**Lasting Power of Attorney for Health** = a person who can make decisions about your health care when you are unable to do this for yourself.



**Legally binding** = is something legal, an agreement which must be followed by the law.



**Life insurance** = is when you pay money in to a **policy** to pay for your funeral or to pay any outstanding bills when you die.



**Lip speaker** = is a person trained to repeat a spoken message to lip readers using only the shape of their mouths and not their voices.



**Palantypist** = is someone who types spoken words onto a screen for people to read.



**Solicitor** = is someone trained in law who works with people to help them sort and arrange legal matters .



**Wake** = is a special party after a funeral where friends and family can remember the person who has died and celebrate their life.



**Will** = is a legal document that a person makes before they die. It explains what the person wants to happen to their belongings and money.

This page has been left for any notes  
you would like to make:





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you would like to make:



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you would like to make:



This page has been left for any notes  
you would like to make:



**Reference:**

This document has been reviewed in partnership with St Luke's Hospice Plymouth, The Plymouth LD Liaison Team, Devon CCG and Somerset CCG

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**Adapted from and with reference to:**

Planning your future care—Advance Care Planning—2014 NHS, Devon, Plymouth and Torbay

End of Life Plan—What I want to happen—2010—Julie Crisp, Brandon Trust, 2gether, NHS Foundation Trust

Preferred Priorities for Care (Easy Read) - 2011—Lancashire & South Cumbria Cancer Network, NHS National End of Life Care Programme

'What if' - Celebrating my life NHS Care plus, St Andrew's Hospice, NHS North East Lancashire

Going to a funeral when someone dies—Palliative care End of Live Care and Bereavement—Change 2-14 Macmillan

Organ and Tissue Donation—a leaflet for people with learning disabilities—NHS Blood and Transport

How to donate your body—Human Tissue Authority—  
<https://www.hta.gov.uk/donating-your-body>

**With thanks to:** The SALT Team from Westbourne, Plymouth Community Healthcare

Somerset ICB

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