

My future wishes plan

Put your photo here

My name is:.....

I liked to be called:.....

Easy read

Advice for patients

TW/ELCET/MFWP/DEC25 – review DEC28

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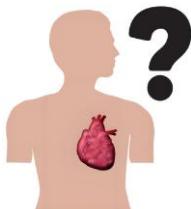
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What is Your Future wishes plan



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 in the future.



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**.



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 you have filled in this plan you will need to keep it in a safe place.



My safe place for my plan is:

Somerset Integrated Digital e-Record



It will also be saved on Somerset's shared digital system SIDeR+.



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



What is Important to Me



Use these pages to tell people about yourself.

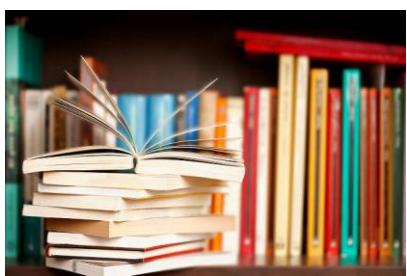
What is important to you?



What I like:



Your favourite things and hobbies. What makes you happy? What do you like to do?

A large, empty, rounded rectangular box with a black border, intended for the user to write their responses.



People who are important to me:

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





- yes
- no
- maybe

These people can support me to make decisions:



Important people (name, relationship and contact):



My Lasting Power of Attorney(s) for Health:



My Lasting Power of Attorney(s) for Finances:

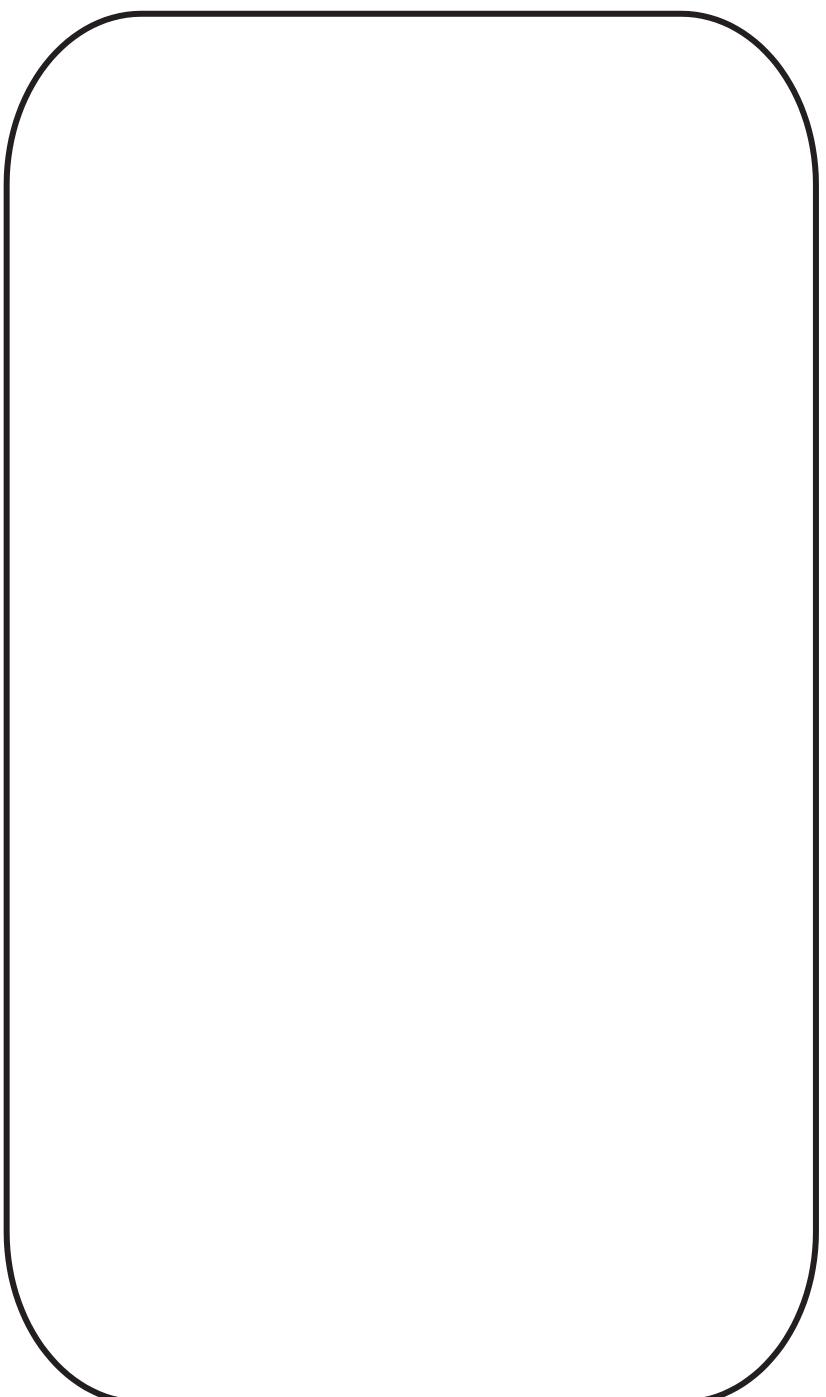
My Court Appointed Deputy(s):





What I 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:



This is how you can tell I am in pain:



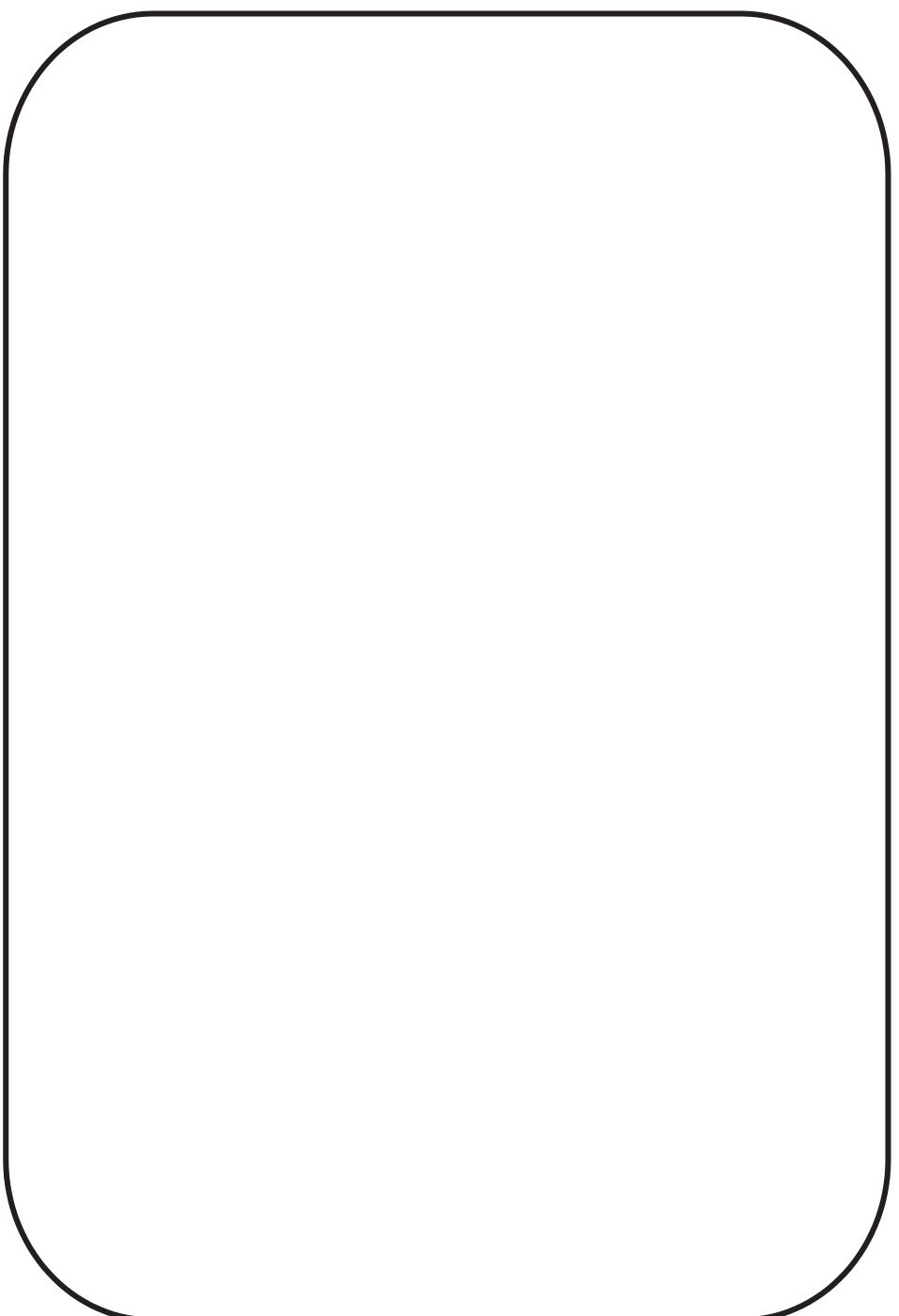
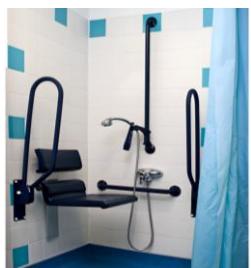
This is how to help me calm down:





How would I 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. Think about what really matters to you, things you would want people to know.





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

A large, empty, rounded rectangular box for writing.

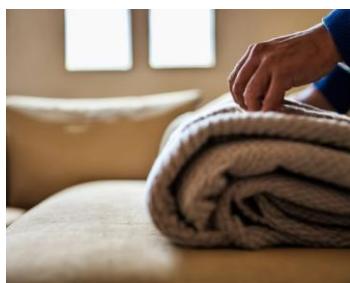
Wherever possible this is where **I would like to be cared for** if I am very ill or dying and **where I would not want to be:**

A large, empty, rounded rectangular box for writing.

What I would want with me:



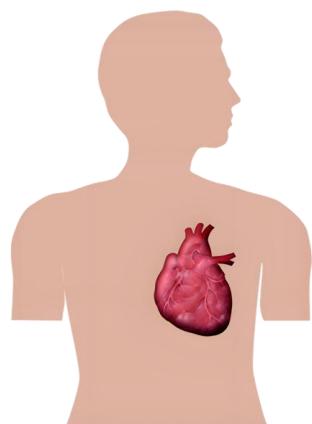
If you are unwell, in hospital or dying what would you want with you? Think of your important things. For example, a blanket, a teddy or toy, your laptop, your music player, a photograph:



What happens to my body when I die:



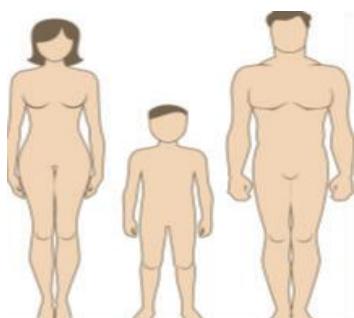
I would like you to take care of my body: You might want to include religious, spiritual or cultural customs, clothes or possessions that you would like to stay with you.



I would like to donate:

My organs:

Yes No



My body for medical science

Yes No



Before I die, I would like to think about:



What will happen to my belongings:

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



Making a Will:

I have made a Will

Yes No

My Will is kept:



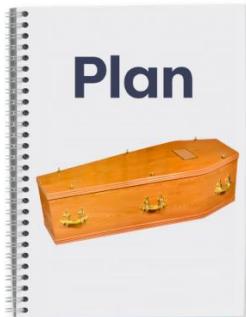
The executor of my Will and contact details:



Celebrating my 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.



I have a paid funeral plan: Yes No

If yes, my funeral plan is with:



If no:

I would like a funeral: Yes No



The person I want to plan my funeral is:



At my funeral I would like:

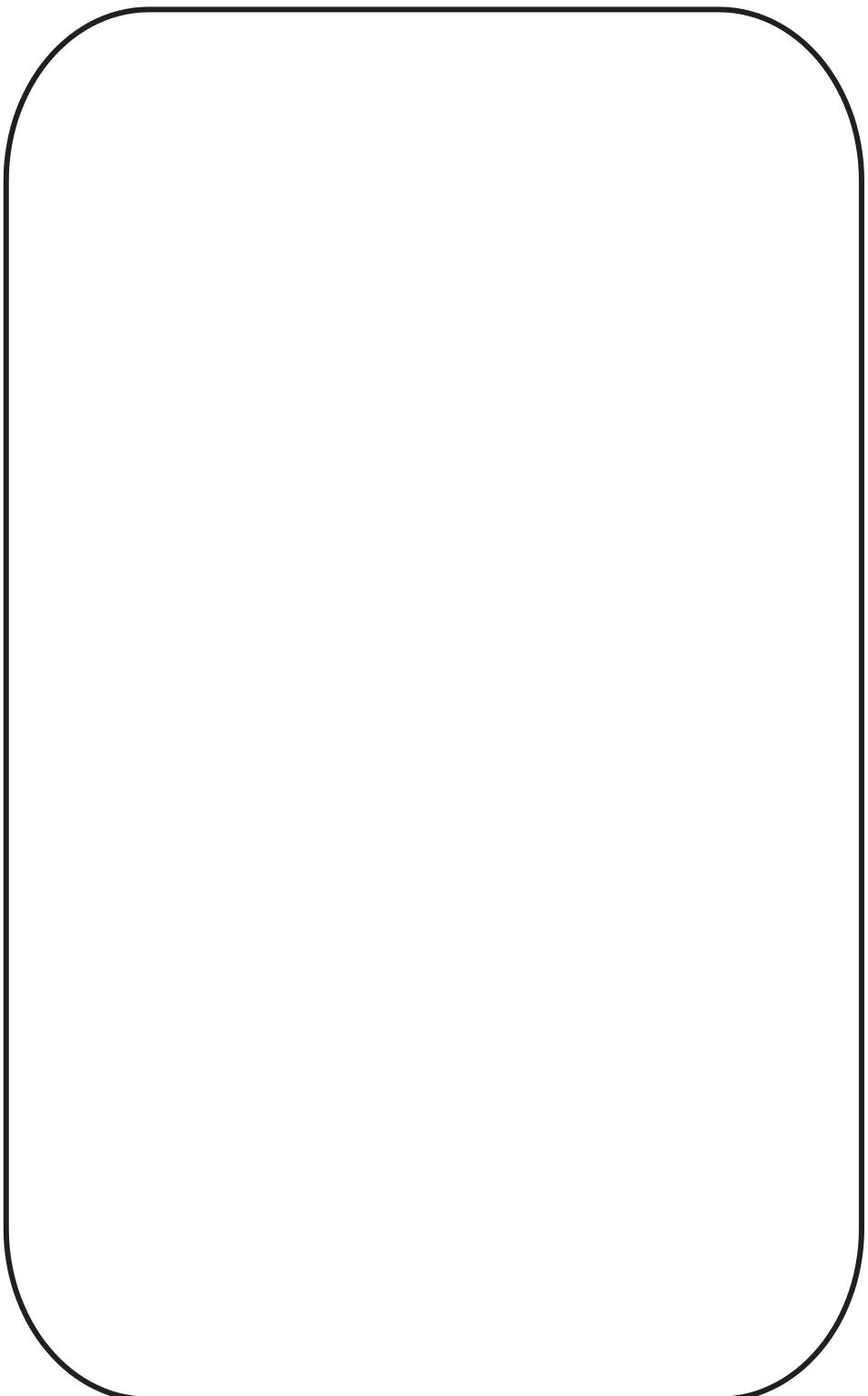
You might like to think about prayers, poems, readings, flowers, donations, music, hymns, things to be put in your coffin, what you will wear, a celebration.

I wish to **be buried or cremated**.

If cremated, I would like my ashes to be scattered or kept:

How I would like to be remembered:

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



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



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



Reference

Reproduced with permission from St Luke's Hospice Plymouth, NHS University Hospitals Plymouth and Together for Devon

Version 2 of this document was reviewed in partnership with St Luke's Hospice Plymouth, The Plymouth LD Liaison Team, Devon CCG and Somerset CCG

Updated version 3 adapted to support the No Barriers Here© method.