

Interested to know more?

Call Marie Curie on **0800 304 7412** or speak to your nurse or GP, who can put us in touch. We'll be happy to help.

Our companions can arrange to meet you virtually or come to your home – whatever works for you.

If you'd like to provide feedback or make a complaint, visit mariecurie.org.uk/complaints

Thank you to everyone who supports us and makes our work possible. To find out how we can help or to make a donation, visit mariecurie.org.uk

Charity reg no. 207994 (England & Wales), SC038731 (Scotland) J447d

Thinking about the future?

Marie Curie companions are here to help you talk about your end of life wishes, care preferences and personal goals.

Call **0800 304 7412**

Visit lat.mccompanionservice@nhs.net

Search: **Somerset End of Life**

Supported by



Why make plans now?

Discussing and writing down your wishes, preferences and goals now means the people close to you, and those involved in your care, will be better able to support you in future. It can:

- make things easier for your loved ones by clarifying what you want, should you become too ill to tell them
- make it more likely that those wishes are understood and followed
- give you more control over any treatment and care you receive.

Many people find this process to be a great relief and comfort, and afterwards feel more assured that they will get the support they want towards the end of their life.

What kind of things would we talk about?

Marie Curie companions are trained to guide you through a helpful conversation which will include things like:

- Who are the most important people in your life?
- What are your religious and/or spiritual beliefs?
- What's your daily routine, and do you prefer baths or showers?
- Do you have any food preferences?
- Where would you like to be cared for in future?
- Do you have any dislikes or aversions?

- What's important to you in life?
- What's important to your identity – what makes you feel like you?

Together with your Marie Curie companion, you'll create a document for you to keep and share with loved ones and your healthcare team, so they can support you in the right ways for you.

What doesn't this cover?

Although we can help you think about your Will, please note this is not a Will-writing service.

Similarly, we can help you think about things like 'advance decisions to refuse treatment' and 'do not attempt cardiopulmonary resuscitation (DNACPR) decisions', but these will need to be arranged directly with your healthcare team should you choose to do them.

