

Somerset planning ahead

Preparing for future health and care



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.

Easy read

Advice for patients

TW/ELCET/SPA/DEC25– review DEC28

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Why should I plan ahead?



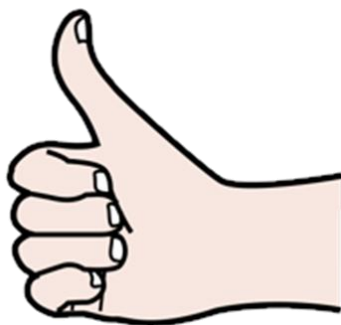
If you were unwell, injured or dying do people important to you know your wishes?



Planning ahead can make sure people know what you want.



This makes it more likely your wishes will be followed.





You can plan ahead at any time. Even when you are well.






You can update any plans if you change your mind or your situation changes.

What can I do to prepare?


	<p>Before you plan ahead it is a good idea to think about what is important to you.</p>
	<p>The wishes you express are personal to you and can be about your future care.</p>

Some Examples:

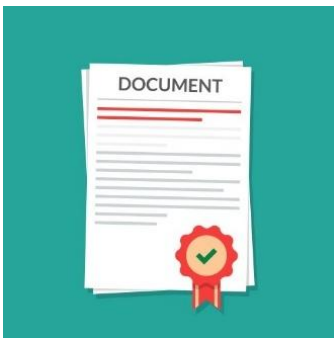


	<p>Where would I like to be looked after if it is not possible to be at home?</p>
	<p>Have I made and shared my funeral arrangements?</p> <p>A funeral is when family and friends come together to remember the person who has died.</p>
	<p>What care do I want?</p> <p>What care do I not want?</p>



Where can I find out more?

The Somerset end of life care and bereavement support website:




	<p><u>Somerset - End Of Life Care & Bereavement Support</u></p>
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On this website you can find easy read booklets about the following:

	<p>Lasting Power of Attorney for Health or finances. A person you appoint who can make decisions about your health care or finances when you are unable.</p>
	<p>Writing a will. A legal document. It explains what the person wants to happen to their belongings and money after they die.</p>
	<p>Donating organs or tissue. You can choose if you want to give your organs and body tissues to help other people after you have died.</p> <p>Organs are parts inside the body, for example: heart, liver or kidneys.</p> <p>Tissues can be inside or outside the body, for example: eyes, bones and skin.</p>

	<p>Treatment escalation plan. A plan to talk about what treatment is right for you. It tells health staff what should happen if you need emergency care.</p> <p>The plan is about you and your healthcare.</p>
	<p>Advance decisions to refuse treatment. You can 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.</p>

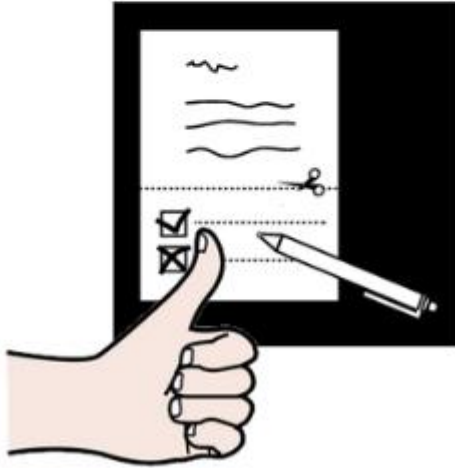
How can I document my wishes?

	<p>You can write down your wishes on a My Future wishes care plan document.</p>
	<p>When this is completed, it can be saved on Somerset's shared computer system (SIDeR).</p>
	<p>This means health or social care staff looking after you can see what is important to you.</p>

More information to help you plan:



Appoint = to officially name someone to act for you.

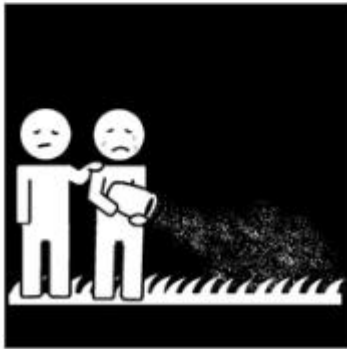


Best interest = is a decision made for you when you are unable to tell people your choices and decisions.



Burial = before someone dies they may choose to 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 which are put in an urn.

The ashes can be buried or scattered in a special place.



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

The Human Tissue Authority can help with this.








For more information ring the Human Tissue Authority on:

020 7269 1900



Look online:

[The Human Tissue Authority | Human Tissue Authority](http://www.hta.gov.uk)

	<p>IMCA = Independent Mental Capacity Advocate. An IMCA is a person who helps you make choices. They help if you have no family or friends to do this. They make sure your voice is heard.</p>
	<p>Legally binding = a legally binding agreement is a rule you must follow. The law says you must do what it says.</p>
	<p>Solicitor = is someone trained in law who works with people to help them sort and arrange legal matters.</p>
	<p>Wake = is a special party after a funeral where friends and family can remember the person who has died and celebrate their life.</p>
	<p>If you need this information in another format, please email the End of Life Care Education team on:</p> <p>Advancecareplanning@somerset.ft.nhs.uk</p>