

# **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?

	<p>If you were unwell, injured or dying do people important to you know your wishes?</p>
	<p>Planning ahead can make sure people know what you want.</p>
	<p>This makes it more likely your wishes will be followed.</p>
	<p>You can plan ahead at any time. Even when you are well.</p>
	<p>You can update any plans if you change your mind or your situation changes.</p>

# What can I do to prepare?



Before you plan ahead it is a good idea to think about what is important to you.



The wishes you express are personal to you and can be about your future care.

## Some Examples:



Where would I like to be looked after if it is not possible to be at home?



Have I made and shared my funeral arrangements?

A funeral is when family and friends come together to remember the person who has died.



What care do I want?

What care do I **not** want?

# Where can I find out more?

The Somerset end of life care and bereavement support website:



[Somerset - End Of Life Care & Bereavement Support](#)

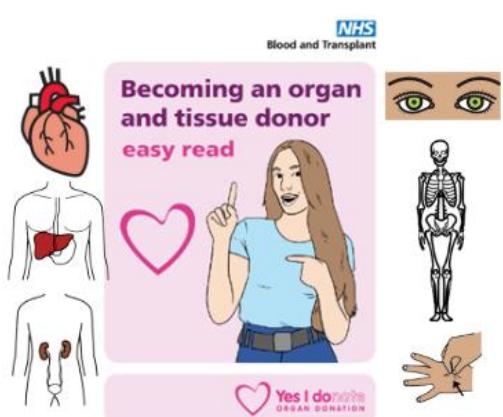
On this website you can find easy read booklets about the following:



**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.



**Writing a will.** A legal document. It explains what the person wants to happen to their belongings and money after they die.

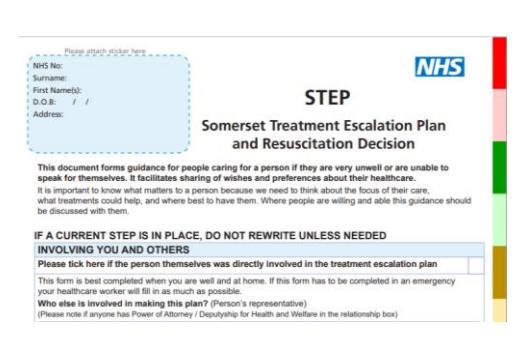


**Donating organs or tissue.** You can choose if you want to give your organs and body tissues to help other people after you have died.

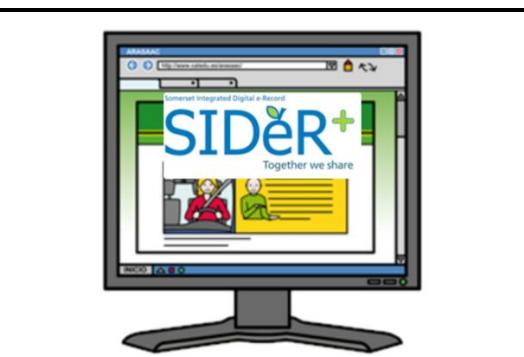
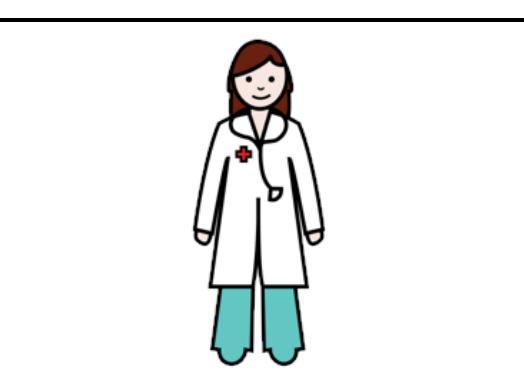
Organs are parts inside the body, for example: heart, liver or kidneys.



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

 <p>The image shows the 'Somerset Treatment Escalation Plan and Resuscitation Decision' form. It includes fields for NHS number, surname, first name, date of birth, and address. The 'NHS' logo is at the top right. A vertical color bar on the right side is divided into four colored segments: red, pink, green, and yellow. The form also contains text about the purpose of the document, who to involve, and a section for 'IF A CURRENT STEP IS IN PLACE, DO NOT REWRITE UNLESS NEEDED INVOLVING YOU AND OTHERS'.</p>	<p><b>Treatment escalation plan.</b> 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>The image is a cartoon-style illustration of medical supplies. It includes a red and white capsule, a small red cross icon, a white bottle with a red liquid and a spoon, and a glass of water with bubbles.</p>	<p><b>Advance decisions to refuse treatment.</b> You can think about medicines or treatments that you <b>would not</b> want to have in the future. You can fill in some special paperwork to let people know what you have decided.</p>

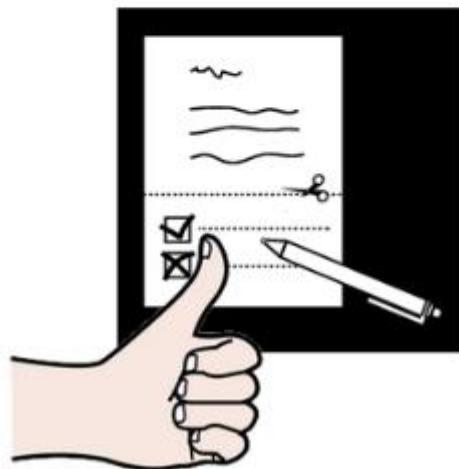
## How can I document my wishes?

 <p>The image shows the 'My future wishes plan' form. It features a large box for a photo, fields for name and preferred name, and the 'NHS' logo at the bottom.</p>	<p>You can write down your wishes on a My Future wishes care plan document.</p>
 <p>The image shows a computer monitor displaying the 'SIDeR' (Somerset Integrated Digital e-Record) software interface. The interface shows a dashboard with various icons and a small image of a person.</p>	<p>When this is completed, it can be saved on Somerset's shared computer system (SIDeR).</p>
 <p>The image is a cartoon-style illustration of a healthcare professional, likely a doctor or nurse, wearing a white coat and teal scrubs.</p>	<p>This means health or social care staff looking after you can see what is important to you.</p>

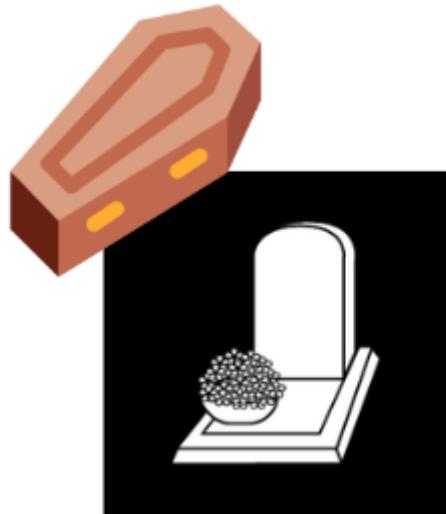
## More information to help you plan:



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

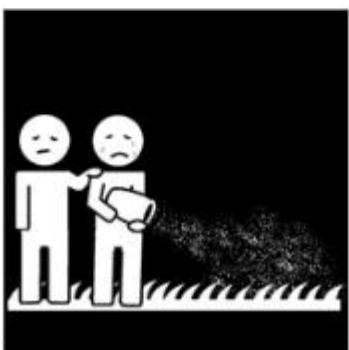


**Best interest** = is a decision made for you when you are unable to tell people your choices and decisions.



**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.



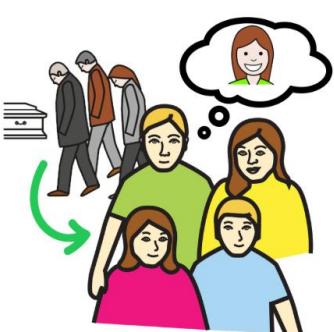
For more information ring the Human Tissue Authority on:

**020 7269 1900**



Look online:

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

	<p><b>IMCA = Independent Mental Capacity Advocate.</b> 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><b>Legally binding</b> = a legally binding agreement is a rule you must follow. The law says you must do what it says.</p>
	<p><b>Solicitor</b> = is someone trained in law who works with people to help them sort and arrange legal matters.</p>
	<p><b>Wake</b> = 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><a href="mailto:Advancecareplanning@somerset.ft.nhs.uk"><u>Advancecareplanning@somerset.ft.nhs.uk</u></a></p>

The pictures in this booklet were taken from: [www.opensymbols.org](http://www.opensymbols.org) or [www.vectorstock.com](http://www.vectorstock.com)