Advance Care Planning

Information Booklet

COUNTIES MANUKAU DISTRICT HEALTH BOARD

A Community Partnership

Counties Manukau District Health Board would like to acknowledge and thank St Christopher's Hospice (UK) for allowing us to use and adapt their advance care plan.

Planning for your future care and medical treatment

Serious illness and ageing bring challenges that many of us prefer not to think about. At the same time, many of us fear loss of control about decisions relating to our health care.

Thinking ahead and writing down what matters to you can be a difficult process. However, if no one else knows what is important to you, your views may not be taken into consideration if you are no longer able to make decisions.

It is important that your family know the decisions you have made about your healthcare. Writing your views down will help ensure that your views can be considered by those providing care for you, such as your family, health professional or your carer.

This booklet is intended to help you to think about things that you may not have considered and to direct you towards the people who may be able to help you.

This booklet belongs to you. It is for you and about you. You may show it to anyone who is involved in your care. You may add to this booklet as often as you like and you may change your decisions at any time.

The following pages offer some important questions that you may or may not have already given some thought to. Your answers to these questions will help to shape your care in the future. It is an opportunity to reflect on what you do and don't want to occur in relation to your health conditions. You can also record details of those involved in your care.

After you have worked through this guide you may decide to formally record your views in an Advance Care Plan.

An Advance Care Plan

- Is a plan that sets out your views about your care and medical treatment to inform future decision making.
- Gives you the opportunity to record ahead of time your views about the care and treatment you would want to receive in specific circumstances.
- Comes into effect only if you are unable to make decisions about your medical treatment.
- Is not legally binding, but will help your health professional take into account your views when treatment decisions are being made.
- Can be changed or withdrawn by you at any time.

Questions to Consider and Discuss:

When I am no longer able to care for myself at home I would like to be cared for at:

_____

_____

People who know me well and understand what is important to me are:

_____

_____

People I would want to be contacted in an emergency are:

_____

_____

When things become difficult I am helped by:

_____

_____

My faith or belief system that is important to me is:

_____

_____

I would like to talk to someone about my faith or beliefs.

YES / NO

If yes, who?

_____

My health concerns, now and for the future are:

_____

_____

_____

_____

In relation to my health there are discussions with my family/whanau and/or friends that I feel would be helpful.

_____

_____

_____

Would you like anyone to help you with this?
If so who?

_____

I have made a will. YES /NO

If yes, where is it held?

_____

If no, would you like to discuss how to make a will?

_____

Bearing in mind that my circumstances may change, when I am dying I would like to be cared for at:
(e.g. home, rest home, hospital, or hospice)

_____

_____

I wish to be buried / cremated.

_____

_____

I have funeral arrangements in place YES / NO
If yes, please provide further details:

_____

_____

_____

Cardio Pulmonary Resuscitation (CPR)

CPR is a series of emergency steps given to people whose hearts have stopped pumping blood (a condition known as cardiac arrest), and in some cases to people who have stopped breathing (known as respiratory arrest). These steps include rescue breathing and chest compressions.

It is important to consider that in people with *no other illness*, CPR is successful in restarting the heart in about two out of ten patients. In older patients, approximately one in ten to one in twenty of those who have a cardiac arrest survive to leave hospital, but about half of those who survive will have some form of brain damage.

The ultimate responsibility for making decisions about CPR rests with the Consultant (in hospital) or your GP (at home or in a rest home.)

If CPR is not appropriate this will <u>not</u> prevent you from receiving other treatments for your comfort and dignity. You do not have to discuss your decisions on CPR if you do not wish to, but your

views can be helpful for your health professionals and those close to you.

I would like to talk to someone who could give me more information about CPR.

YES / NO

Advance Care Plan

I would like to record my views for care and medical treatment in an Advance Care Plan.

YES / NO

If you have circled yes, make an appointment to talk to your doctor or nurse about your care and treatment options. You should complete your Advance Care Plan with your doctor or nurse but only your views will be recorded.

It is important you talk with those close to you and are well supported to make your decisions. Talking about your views may feel difficult, but can be reassuring for you and those close to you in the future.

If you have appointed an Enduring Power Attorney (EPA) for Care and Welfare it is important your attorney is informed.

If you do not have an EPA and wish to arrange an attorney the information below maybe helpful.

Remember your Advance Care Plan can be changed or withdrawn by you at any time.

Your Advance Care Plan will only come into effect should you no longer be able to make decisions about your care and treatment.

If you already have an Advance Care Plan, who has a copy?

_____

_____

Keep a copy of your Advance Care Plan and give a copy to your GP, EPA (Care and Welfare), carer, family / whanau, and others close to you.

Enduring Power Attorney for Care and Welfare

An Attorney with Enduring Power (EPA) for Care and Welfare can make decisions about your personal care and welfare including medical treatment if you lose the ability to make your own decisions.

You must set up your Enduring Power Attorney in consultation with a lawyer or trustee corporation such as the Public Trust.

The law restricts some of the decisions your attorney can make. For example, an Enduring Power Attorney (Care and Welfare) cannot refuse standard medical treatment intended to save your life or prevent serious damage to your health.

It is important that the person you choose is someone you trust, who will listen to you, and respects your ideas, values and beliefs. This would include taking your Advance Care Plan into account if you had developed one.

It is also wise to nominate a second person to be an EPA should the person you appoint become unable to act for you, for example because of ill health.

I have appointed an Enduring Power Attorney for Care and Welfare.

YES / NO

_____

_____

I have appointed an Enduring Power Attorney for Property.

YES / NO

_____

_____