

# Advance Care Planning

Let other people know what  
you want in the future



# Contents



**What is Advance Care Planning?**

**Page 3**



**1. Personal Advance Care Planning Page 6**



**2. Legal Advance Care Planning**

**Page 8**



**3. Clinical Advance Care Planning**

**Page 12**



**4. Financial Advance Care Planning**

**Page 17**



You can also watch our Advance Care Planning Films. The films are on our website.

# What is Advance Care Planning?



Advance Care Planning helps you to think about

- what is important to you
- and how to plan for your future.



You don't have to do it. But it helps let other people know what you want in the future and why.



It gives you a chance to talk about your wishes, feelings, beliefs and values. This can help people to support you better.



It lets you have more choice and control over your future. This is really important if you

- cannot make decisions
- or cannot tell people your decisions.

## How does it work?



You do Advance Care Planning throughout your life. As you change, your plans may change.



You talk about what you want and why with

- people important to you
- and people who give you care, support or treatment.



Advance Care Planning looks at

- the care you want at the end of your life
- and what you want if your health becomes bad.



What you say can be written down and shared if you want.



You can come back to your plans at any time and make changes.

## Why Advance Care Plan?



### 1. To have a better quality of life

Talking about what is important to you helps you make the choices you want for your future.

This will help when you cannot make decisions for yourself.



### 2. To make your decisions clear

Making clear decisions lets people know what you do and do not want.



### 3. To give you peace of mind

When you have a plan for the future it can give you peace of mind.



### 4. To give others peace of mind

When other people know you have a plan they can

- feel more confident saying what you want
- find it less upsetting when making hard decisions.

# There are 4 parts to advance care planning



## 1. Personal

What is important to me?



## 2. Legal

What happens if I cannot make decisions?



## 3. Clinical

What will my care and treatment look like?



## 4. Financial

What happens to my money and belongings?

# 1. Personal Advance Care Planning



What is important to you?

Each person will be different.

## Spirituality

You will think about



- what gives your life meaning
- your beliefs and values
- how you should act and treat others
- and what gives you comfort, support and strength.



We call this spirituality. Spirituality is different things for different people.



Some people talk about spirituality through faith and religion. Some people talk about spirituality through music, arts, or nature.



Spirituality can be more important as you grow older or if you are very ill.

## Care and support for dependents



Anyone that needs you to look after them is called a dependant. For example, a family member or pet.



You can plan what happens to your dependants. You can say who will care and support them.

## Funeral Wishes



A funeral happens when someone dies, It lets people say goodbye to them.



It can be sad to think about your own funeral. But it is important to talk about it.

- It lets you say what you would like at your funeral.
- It is good for others to know what you want.

## Online Information



It is important to think about what will happen to your online information after you die.

For example, what would you like to happen to

- Photos
- Videos
- Emails
- Social media accounts
- or other information stored online.



## 2. Legal Advance Care Planning



How will decisions be made for you in the future?

- Who can make decisions for you?
- What decisions can they make?

### Mental Capacity



Having mental capacity means you

- can make your own decisions
- and can tell people about them.



In Northern Ireland we have a law called the Mental Capacity Act.

This law says



- You should be treated like you can make your own decisions. Only an assessment can say you cannot make decisions.



- You may be able to make some decisions at one time but not at another time.



- Making decisions and telling people about them depends on
  - what the decision is
  - and how well you are at the time.



If you cannot make decisions and tell people about them then

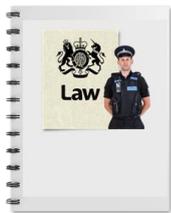
- your wishes, feelings, beliefs and values still need to be thought about
- and you should be as involved as much as possible in decisions.



This is why Advance Care Planning is important.

It helps people caring, supporting or treating you to make good decisions for you.

## Power of Attorney – who can make decisions for you?



A Power of Attorney is a legal document. It says who you want to make decisions for you.

There are 3 different types.



### 1. Power of Attorney

This lets you say you want someone to make decisions about your belongings and finances. This person is called your attorney.



A Power of Attorney ends if

- you stop being able to make your own decisions
- and tell people about them.



## 2. Enduring Power of Attorney

This lets a person make decisions about your belongings and finances.



### It is used if

- you stop being able to make your own decisions
- and tell people about them.



## 3. Lasting Power of Attorney

This gives someone the power to make decisions for you about

- your property and finances
- and about your health and social care.



A Lasting Power of Attorney is made while you can

- make your own decisions
- and tell people about them.



It gives your attorney full decision-making power only if

- you stop being able to make your own decisions
- and tell people about them.

**Lasting Power of Attorney is not used in Northern Ireland at the moment. It will be in the future.**

# Advance Decision to Refuse Treatment (ADRT)

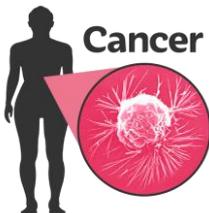


Advance Decisions to Refuse Treatment are a set of instructions from you to the people who are looking after your health in the future.



It says when

- you do not want a treatment
- or would want a treatment stopped.



For example, if you have cancer. Treatment may no longer make you better but could help you live longer. You can leave instructions to say if you want to keep having treatment or not.



People giving you care, support or treatment must follow these instructions by law.



Your instructions will be written down while

- you can make your own decisions
- and tell people about them.



The instructions will only be used if

- you stop being able to make your own decisions
- and tell people about them.

# 3. Clinical Advance Care Planning



What care or treatment do you want or need if your health becomes bad?

## Bad health



During your life your health might slowly get worse. Or it might suddenly be bad. For example because of an accident, heart attack or mental health difficulty.



It is important for everyone to think about and plan for bad health.



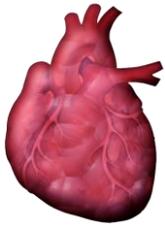
You can say what care you might want or need when you Advance Care Plan. This helps health care professionals make good decisions about your treatment.



For example, how do you feel about getting

- help for your heart to beat?
- help to breath?
- Help to get food and drink inside your body?

# Cardiopulmonary Resuscitation (CPR)



Advance Care Planning talks about making decisions on what to do if your heart stops.

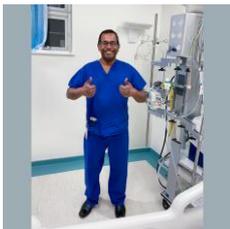


For example, would you want CPR or not? CPR is when health care professionals try to make your heartbeat start again.



Knowing what you want helps health care professionals make good decisions about your treatment. These are called best interest decisions.

## Best Interest Decisions



A best interest decision is made for you by a medical professional using

- their experience
- and understanding of you and your health.



Advance Care Planning can help people understand you and what you would want.



A best interest decision is made if

1. You cannot
  - make your own decisions
  - and tell people about them.
2. You do not have an Advance Decision to Refuse Treatment form

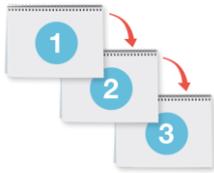


# ReSPECT Forms

Recommended Summary Plan for Emergency Care and Treatment is called a ReSPECT form.



It tells medical professionals what you want if you need emergency care or treatment. It is used when you cannot tell them what you want.



A ReSPECT form is your plan. It is made with medical professionals.



A medical professional talks with you about the best medical treatment for you in an emergency.



When you both agree what will be on the form the medical professional will sign it. You keep the form.



If you cannot make your own decisions or tell people about them a plan can still be made. This is done by medical professionals and people who know you well.



The ReSPECT form is not a legal document. The law does not say people must follow what it says.



A ReSPECT form cannot be used to demand treatments.



Information on a ReSPECT form should be checked and changed as needed.



A ReSPECT form says

- what matters to you about your care and treatment



- any care planning information or plans you already have



- anything a medical professional has said would be the best for you in an emergency.



ReSPECT forms are given to healthcare professionals in an emergency. It helps them to make quick decisions about how best to help you.

# Organ Donation



Organs include your heart, kidney, liver, lungs, eyes and skin. You can choose to give your organs to someone who needs them to stay alive. This is called organ donation.



You can say that you want to donate your organs by using the NHS Organ Donor Register.



Saying if you do or do not want to give your organs is helpful. It means people important to you already know what you want.

# Body Donation



After you die, you may want your body to be given to medical science.



Your body would be used to help

- with training doctors
- and learning new ways to treat health problems.



If you want to give your body to medical science you should talk with

- people important to you
- those giving you care, support or treatment.

# 4. Financial Advance Care Planning



You will be asked to talk about what happens to your belongings after you die.

## Making a Will



A Will is a legal document. It gives clear instructions about what you want to happen after you die.



For example

- Who will look after your children or anyone that depends on you. This can include your pets.



- What happens to your money, house and things.

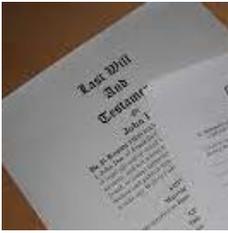


### Why make a Will?

1. It makes it easier to sort out what happens to your things after you die.
2. It lets you decide who to give your things to.



If a person does not have a will, the law will decide who gets your things.



## How to make a Will?

You can write a Will by yourself. However, it is a good idea to use a solicitor.



It is the job of a person called an executor to make sure that what you want happens. You can say who you want your executor to be or the courts can.



Once you make a Will you must keep it in a safe place. Tell your executor, close friend or family member where your Will is.



If a solicitor makes the Will they will keep it safe. You will get a copy of the Will.

## Updating your Will

You should look at your Will and decide if you need to make any changes. This is important if big things have changed in your life.

For example

- getting separated, married or divorced
- having a child
- or moving house.



You can make changes by adding a note to your Will or making a new Will.

# Cohabitation



Cohabitation is when you live with a romantic partner but are not

- married
- or in a civil partnership.

A civil partnership is like being married. It is seen as a relationship by the law.



If you cohabit with your partner you do not have the same rights as married couples or civil partners.



This can cause problems if

- your relationship ends
- you or your partner dies.



For example

- If your relationship ends then how will you know who owns what? For example, your house.



- If you die then your partner will not get your money or property unless you have a will that says so.



You might want to think about things you can do to

- look after your money and property
- and look after your partner.

A lawyer can help you with this.

# Planning for retirement



Retirement is when you stop working and stop getting money for working.



If you retire you need to make sure you will have enough money to live on.



It is good to have a plan. For example,

- Do you have a pension?
- Do you have savings?

A financial adviser can help you with this.

# Planning for care



You might want to think about what care and support you would like in the future.



Could you afford the care and support you would like?



You can get advice about this from a financial adviser or a lawyer.

**Produced by:**

*Department of Health, Castle Buildings Belfast, BT4 3SQ*

**This document has been produced in partnership with Tell It Like It Is (TILII)**

*<https://arcuk.org.uk/northernireland/telling-it-like-it-is/>*

**Published:** *October 2022*

*This document will be reviewed by the Department of Health as policy and legislation develops and/or in the light of evolving changes in practice. The most up-to-date version of this policy document will be available on <https://www.health-ni.gov.uk/what-advance-care-planning>*



An Roinn Sláinte  
Máinnystrie O Poustie