

At Mountbatten, we believe that planning for your future care is vital. Our experience shows that when people plan and discuss their end of life wishes and preferences well in advance, together with families and friends, it has a positive impact on our experiences when we come to die. One way of making people aware of your wishes is by putting them down in an Advance Care Plan.

How can Mountbatten help?

Our aim is to generate openness around discussing death and dying and promote an Island wide culture of planning ahead. When you are approaching the end of your life, difficult decisions often need to be made about how you are treated or cared for.

If you are under the care of Mountbatten, we can support you and your family through the advance care planning process. You can ask the person who is leading your care for further advice, or contact Mountbatten's Advance Care Planning Facilitator on **(01983) 533331**



Mountbatten

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Earl Mountbatten Hospice is a registered charity 1039086

Advance Care Planning



Mountbatten

What is Advance Care Planning?

It is a voluntary process, starting with a discussion between you and those who provide care for you, including your nurses, doctors, care home staff and family members. This discussion may lead to the creation of an Advance Care Plan document, a record of your wishes and preferences about your future care, treatment options and end of life wishes. This document belongs to you and it only becomes effective if your ability to communicate is lost. The contents are then used to guide health and social care professionals to make decisions that are in your best interest, eg if you are admitted to hospital or a care home.

Who can write an Advance Care Plan?

Nobody can predict when unexpected incidents or accidents may occur; death is something everyone has to cope with in life. We encourage everyone, whether in good health or not, to discuss and record their wishes and preferences.

You might complete an Advance Care Plan at a time of ill health, or as a result of a life-changing event. It may simply be because you are the sort of person who likes to plan ahead or maybe you have a dangerous job or a risky hobby.

Benefits of having an Advance Care Plan

Having an Advance Care Plan means you will continue to have a voice and influence the care you receive in the place you would prefer to be, even if you are too ill to communicate. It also means loved ones can speak up on your behalf with confidence about your wishes and preferences, hopefully taking away guesswork and reducing family stress and potential conflict at a difficult time.

It is important to note that loved ones and next of kin do not have the automatic right to speak up on your behalf and make decisions about your care or treatment, unless you previously legally nominated them to be your Lasting Power of Attorney for Health and Welfare, at a time when you had the mental capacity to make your own decisions.

Mountbatten has created a booklet called an **Advance Statement of Wishes and Preferences**. This is a good starting point for people who may be quite well but wish to plan ahead, or who have long term health conditions but are stable at the moment. It is similar to the Advance Care Plan we use at Mountbatten, but anyone can use this version. You can download this booklet from our website, or ask our Mountbatten staff for a paper copy.

Legal matters

Neither an Advance Care Plan or Advance Statement of Wishes and Preferences booklet are legally binding, but they should be taken into account when others are making decisions about your care at a time when you are unable to. Other elements of advance care planning are legally enforceable, these include:

Advance Decision to Refuse Treatment

(ADRT) previously known as a living will or advance directive. This can be written to refuse a specific treatment at some time in the future, eg life sustaining treatment. This will only be used if you lose the ability to make your own decisions. You are advised to discuss creating an ADRT with a health professional who is aware of your medical history.

Ceiling of Treatment and Resuscitation

Decision form is a record of a person's wishes regarding cardio-pulmonary resuscitation (CPR). You should speak to your doctor for advice about obtaining this form, which is advisory. Refusing CPR can be included in an Advance Decision to Refuse Treatment to make it legally enforceable.

Lasting Power of Attorney (LPA) enables you to give another person (or people) the legal right to make decisions relating to your property and affairs and / or your personal health and welfare, should you lose the ability to do so. All Lasting Power of Attorney forms must be registered with the Office of the Public Guardian otherwise they are not valid. For more information, visit www.publicguardian.gov.uk or call **0845 330 2900**