

Advance Care Plan



Personal preferences and
choices for end of life care

What matters

– the process of thinking ahead

Serious illness brings challenges that many of us prefer not to think about and it may also be difficult to talk to family. But having these conversations can help direct decisions that sometimes need to be made at that time.

Thinking ahead and writing your preference down will ensure that anyone who provides care for you, carers or health professionals, tailors it according to your wishes and helps shape your care in the future.

This booklet belongs to you – it is for you and about you. You can show it to anyone who is involved in your care. It is important to remember that you can add to this booklet as often as you like and change your decisions at any time in the light of altered circumstances.

Writing in this booklet creates an advance statement not a legal document. It is intended to help you think about your future ahead of time and influence a thorough and individualised approach to your care. It could also be used as guidance about your wishes and decisions should you ever lack capacity to voice them yourself.

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Name:

Address:

Date of Birth:

G.P.:

Do you give permission for information from this document to be shared with other health professionals, such as Manx Emergency Doctors Service, Nursing and Ambulance services? **Yes** **No**

Your personal preferences and choices

1. Who do you view as your next of kin?

2. Who knows you well and understands what is important to you?

3. What is important to you in the way you are cared for?

4. Who or what supports you when things are difficult?

5. What concerns you most about your health, now and for the future?

6. Where would you like to be cared for if you are no longer able to care for yourself?

First Preference:	
Second Preference:	

7. Bearing in mind that your circumstances may change, where would you prefer to be cared for when you are dying? e.g. home, care home, hospital, or hospice.

First Preference:	
Second Preference:	

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8. Are there discussions with family and/or friends you feel would be helpful?

Would you like anyone to help you with this? Yes No

If Yes, Who?	
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9. Do you have a particular faith or belief system that is important to you?

Would you like to speak to anyone about it? Yes No

If Yes, Who?	
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10. Have you made a will? Yes No

If Yes, where is it held?	
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If No, would you like to discuss how to make a will? Yes No

Organ Donation

Organ/tissue transplantation on the Isle of Man differs to that in the UK.

The Isle of Man has an Opt In system for organ donation, in which willing donors volunteer to give their organs after death to those who need them.

After someone dies, a health professional carefully considers the persons' medical history. They then make a decision about whether or not some or all of the person's organs or tissue are suitable for transplant. Because the decision is made after a person has died, unfortunately this means that you won't know whether you can be a donor or not.

Some important facts to consider:

- Organ donors need to have intubation and ventilation as part of their treatment to qualify.
- Anyone with a malignancy (cancer) is excluded from organ donation except primary brain tumours.
- All blood borne tumours are excluded from tissue donation.
- Anyone who has received chemotherapy in the last six months is excluded from tissue donation.

Talking about this can be very stressful and upsetting. You do not have to discuss it if you do not wish.

If it were possible, would you consider organ donation? Yes No

If Yes, would you like to discuss this option further?

Cardio Pulmonary Resuscitation (CPR)

CPR is an emergency treatment which tries to restart a person's heart or breathing when these have stopped suddenly. Sometimes the media present CPR as being very successful. In fact when people have very serious illness only 1 in 100 who receive CPR will recover enough to leave hospital.

The ultimate responsibility for making decisions about CPR rests with the consultant (in hospital) or your G.P. (at home or care home). Sometimes a senior or specialist nurse can also make the decisions. If CPR is not appropriate this will not prevent you from receiving other treatments for your comfort and dignity. These would still be offered to you as appropriate.

Talking about resuscitation can be very stressful and upsetting. You do not have to discuss it if you do not wish to but your views can be helpful.

Would you like to talk to someone who could give you more information about CPR? Yes No

If Yes, who? G.P.

A senior or specialist nurse

Another doctor (e.g. hospital, community)

Advance Decision

Would you like to discuss and record any 'advance decisions' about treatment that you might refuse?

(blood transfusions, surgery, particular medications or CPR) Yes No

If you already have an advance decision, who has a copy?

Name:	
Address:	
Tel No:	

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Any other information

Is there anything not previously mentioned, that you would like to make known and write here? Yes No

If Yes, please provide details

It is important to remember that you can review your preferences and change your mind at any time. If you would like to add to or review anything you have already written, please record it here and date it.

Review from page(s):		Date:	

Review from page(s):		Date:	

Review from page(s):		Date:	

Review from page(s):		Date:	

Some terms explained

Advance statement: This is a statement of wishes, preferences, values and beliefs. It is useful when taking into account 'best interest' decisions on behalf of someone who lacks capacity, but is not legally binding.

Advance decision: This is a decision to refuse treatment. If it relates to life sustaining treatment, it must be put in writing, signed and witnessed. It should clearly acknowledge that the result of the treatment refusal may be to shorten the person's life. In the Isle of Man the advance decision is not legally binding. As such a decision would be legally binding in the UK and other European countries, it should be considered to have a significant importance. This is previously known as a living will.

Best Interest: This is when a decision needs to be made for a person who has been assessed to lack capacity. It takes into account as many factors as are known about an individual and their preferences and wishes. It can include advance statements, opinions and views of family, friends, carers and other professionals who know the person, all of which are considered in the light of the current circumstances when planning a person's care.

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Some terms explained (continued)

Enduring Power of Attorney (LPA) Property and Affairs: This allows you (if you are over 18) to choose someone to make decisions about how to spend your money and manage your property and affairs. Such decisions can only be taken on the person's behalf when they lack capacity to make the decisions themselves. To be legally binding it must be registered at the Isle of Man courts of justice.

Contact Information

The person who knows you well

Name:			
Address:			
		Postcode:	
Telephone:		Mobile:	

Your next of kin

Name:			
Address:			
		Postcode:	
Telephone:		Mobile:	

Your G.P.

Name:			
Address:			
		Postcode:	



Department of Health and Social Care

Rbeynn Slaynt as Kiarail y Theay

Please keep this plan with you, and ensure it is easily accessible to those who need to refer to it.

Please also share a copy of it with your G.P. and/or other professional involved in your care.

Hospice Isle of Man,
Strang, Douglas,
Isle of Man, IM4 4RP

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Hospice Isle of Man is the operating name of the Isle of Man Charity Hospice Care.
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Adapted from St. Christopher's Hospice Advance Care Plan