

Making a plan for your health and care if you become very ill

6 principles for everyone



Important



This booklet talks about being very ill and dying.



This can make us feel different things.



We can feel angry or sad.



You might want to ask someone you know to read this with you.

Who we are

We are a group working with NHS England.



What this booklet is about



The government wants to make sure that everyone has the right help and support to plan for their care when they are coming to the end of their life.



We have written 6 principles of Advance Care Planning.

A principle is a rule that everyone

Principle 1

You are important

You are the most important person when choosing what goes in your Advance Care Plan.

You choose who can help you.



You do not have to make an Advance Care Plan.

You can choose if you want to have one.



You can change your mind any time.

You do not have to be ill to do an Advance Care Plan.



You can change your plan whenever you want.

Sometimes it can take a long time to do an Advance Care Plan.

Principle 2

Having a conversation

When you do Advance Care Planning, you speak with health and care staff and people who are important to you.

Principle 3

Your plan



You choose what goes in the Advance Care Plan with health and care staff.

You must be able to understand your choices about your health care.

This is called having capacity to make a decision.



Health and care staff will say what care they think you will need.

You have the right to say if you do not want any care.

This is called an Advance Decision to Refuse Treatment or ADRT.

Principle 4

Sharing your information

Your Advance Care Plan tells people what treatment and care you want in the future.

You can choose who you share your plan with.

This can be family, carers and anyone important to you.

You will know which health and care staff will be able to see your plan.

Your Advance Care Plan can be written in different ways like Easy Read and Braille.

Principle 5

Changing your plan

You can look at your Advance Care Plan whenever you want.



You can also change your plan whenever you want.

Health and care staff will help you change your plan.



You might want to change your plan if your health changes.

Or if you move somewhere for special care.

Principle 6

If you are not happy with your care



These 6 principles for Advance Care Planning are important.

If you think anyone has not followed these principles you can say so.

Your health and care staff can tell you how to do this.

Find out more about care and support at the end of your life.

Books beyond words: stories for health and social care

www.booksbeyondwords.co.uk/stories-for-health-social-care

Easy read booklets about care and support through terminal illness

www.mariecurie.org.uk/help/support/publications/easy-reads

The end of life: Palliative Care End of Life Care and Bereavement

<https://be.macmillan.org.uk/Downloads/CancerInformation/Easyread/MAC16343The-end-of-life.pdf>

Living and Dying with Dignity

https://www.wellaware.org.uk/wp-content/uploads/2017/11/Living-and-Dying-best_practice_guide_easy_read.pdf

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This document has been translated into Easy Read by Go Easy Read.