

Future Care Planning

Advance Care Planning

What is Future Care Planning?

Future Care Planning is about planning for your future. It involves conversations about the things that are important to you, and ensuring what is important to you is central to your care.

A useful way to think about Future Care Planning is to imagine a house with five windows, with each window representing a different element of Future Care Planning, building on what matters most to you.



Picture based on the work from Clare Fuller (Speak For Me).

Different elements of Future Care Planning will be important throughout our lives.

Why is Future Care Planning Important?

Future Care Planning enables the care you receive to be in line with what matters most to you. It helps inform the care and treatment you receive and enables you to feel more in control of your life.

Is Future Care Planning about the end of life?

Future Care Planning enables the care you receive to be in line with what matters most to you. It helps inform the care and treatment you receive and enables you to feel more in control of your life, including at the end of life.

Is a Future Care Plan a legal document?

Two elements of Future Care Planning are legal, a Lasting Power of Attorney and an Advance Decision to Refuse Treatment. A Future Care Plan is not a legal document, it is simply a guide and place to document your wishes.

How do I do a Future Care Plan?

Although these conversations are prompted by our team members, you can speak with the care team and/or your GP to discuss or review your Future Care Plan.

Where can I find out more?



Watch our video:
Scan or [click here](#)



You can find out more at:
speakforme.co.uk/advance-care-planning-explained

