

What Matters To You Planning Ahead



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AIM of the Session

- Understanding of what is palliative and end of life care
- Thinking ahead
- Documentation and communication
- Future care

Palliative Care

The World Health Organisation (WHO) defines palliative care as follows [[WHO, 2002](#)]:

'Palliative care is an approach that improves the **quality** of life of patients and their families facing the problems associated with **life-threatening illness**, through the **prevention** and **relief of suffering** by means of **early identification** and impeccable **assessment** and **treatment** of physical, psychosocial, and spiritual problems.'

End of Life Care



Being there for *you*
and *your family*

The NHS definition is

“End of life care is **support** for people who are in the **last days, months or year** of life”

- How long will we live?
- A prognosis is an estimate
- Good and bad days
- Plan ahead



Difficult conversations

- Communication is key when looking after someone you care about
- People react differently depending on the situation
- Avoid conversations to protect each other by denying the truth
- Talk openly



Talking to Children

- Be honest and give information they can understand
- Memory boxes
- Letter writing



Advance Care Planning

- Preferred place of care/death
- Recognising important wishes while having capacity
- Not legally binding
- Completed with a health care professional and shared with all involved
- Changes can be made
- Copy kept by professional and person



Advance Decisions to Refuse Treatment

- Living Will
- Decisions about treatments you do not want
- Capacity and over 18 years
- Include the family/care givers
- Completed by HCP and stored in medical notes
- Copies to other HCP who may be involved
- Signed and witnessed
- No compromise to level of care and support
- Legally binding
- Can change decisions

Lasting Power of Attorney

- Legal document registered with the OPG
- Appoint someone to make decisions if you can't (Attorney)
- Legal and financial/health and welfare decisions

Wishes

Tissue, organ and body donations

Medical research donation

Funeral planning

Will writing



Where can care take place?

Home

Care Home (Residential or Nursing)

Hospices

Acute hospital



ReSPECT form



Being there for *you*
and *your family*

Personalised recommendations

“What matters to me”/empowers

Realistic

Not legally binding

[ReSPECT for Patients and Carers | Resuscitation Council UK](#)



Palliative and End of Life Care
RESEARCH EDUCATION INFLUENCING PRACTICE