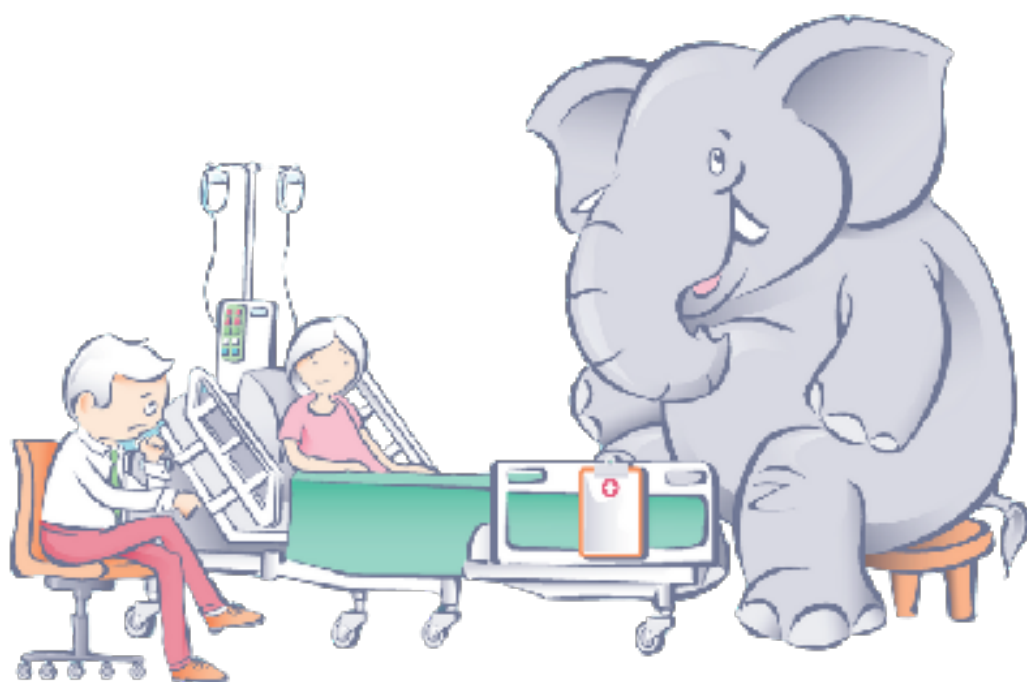


My Future Care Record



**My wishes for my care
when I become more unwell**

MY CARE CHOICES REGISTER

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About My Future Care Notebook



My Future Care Notebook is about when you become more unwell.



It asks you to let your GP and other health professionals understand how you want to be looked after and cared for.



It is a little notebook for you to share your own wishes and feelings.



IMPORTANT

MY CARE CHOICES RECORD

Your **My Future Care Notebook** is officially called:

'My Care Choices Record' and is part of your NHS information.



You will want to keep your Notebook at home where it is easy to find.



And, it will be put onto your NHS medical record.



You only need to fill in this form if you are likely to need a lot of healthcare because:



You are unwell now

or



You will become unwell



It is a very good idea to write down now your choices about how you would like to be cared for.



That is because it may be too difficult to say what you want when you become unwell.



This notebook allows you to write your wishes down now.



With this notebook next to you - and on your medical record as well...



...the doctor or paramedic or other health worker caring for you can read it and will know straight away:



What kind of care
want

and



What kind of care
you do not want



Your medical record may already have information about what care and treatment you will need in an emergency.



This emergency information is called the RESPECT form.



RESPECT stands for:

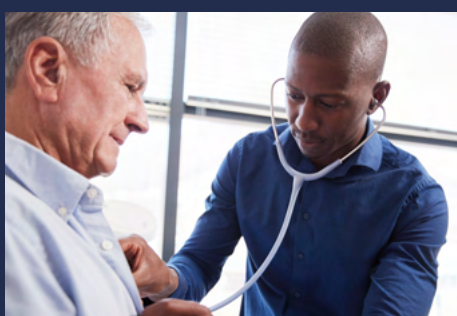
Recommended Summary Plan for
Emergency Care and Treatment



Your **My Future Care Notebook** makes the emergency plan much more personal to you.



The only people who can look at this information are NHS staff responsible for your care, such as your:



GP



Community nurses



Hospital staff



Ambulance teams

Let's Do It Together



Let's do it together and fill in –
My Future Care Notebook.



You can then tell the people who support
you and are close to you that:



you have filled it in



where it is



and let them read it if you want to



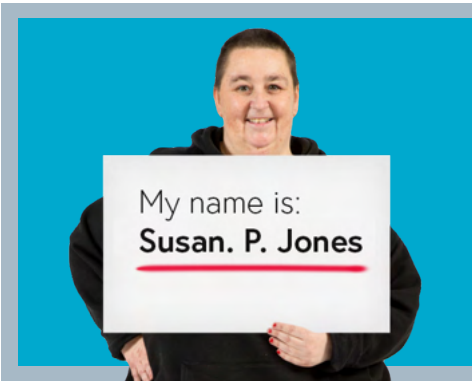
IMPORTANT



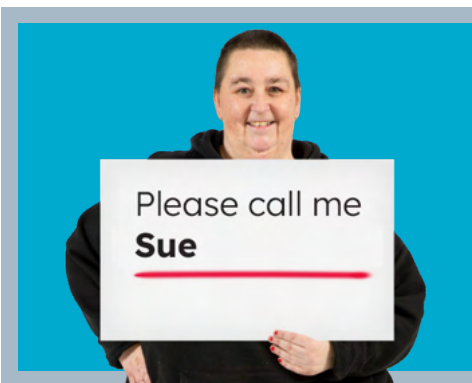
You will need to give your completed form to your doctor so it can be uploaded and shared.



About me



Name:



Preferred Name:



Date of Birth



NHS number (if you know it):



Preferred language:



You might need an interpreter if you become unwell.

What will this interpreter need to do?





Address:



Phone number



Email address



GP Practice



My Consent



**To make sure that I have the best care
when I need it:**



**I agree to share the information in
My Future Care Notebook with:**



1

**the health and social care professionals
involved in my care**



2

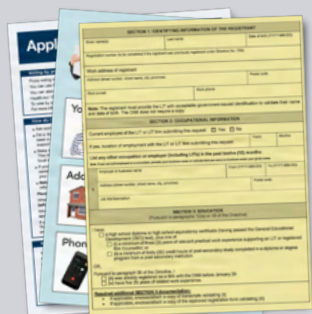
using my paper and electronic records,
including My Care Choices Record.

Signature:

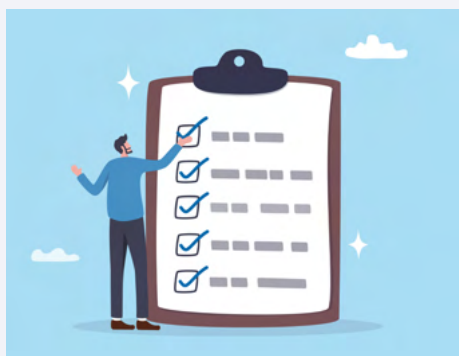
S Yourname

Date:





Other documents



Other documents I have completed:

Tick all that apply.
Leave blank if you do not know.



RESPECT form

(Recommended Summary Plan for
Emergency Care and Treatment)



Advance Decision to Refuse Treatment/other:



Lasting Power of Attorney for Health and Welfare



Court of Protection Deputy for Personal Welfare



My **Lasting Power of Attorney for Health and Welfare** /**Court of Protection Deputy** is/are:



My **Lasting Power of Attorney / Court of Protection** identification number is:

More About Me



Names of people who know me best



These are the people that I want to be included in my care when I become more unwell.



Below are their names and their contact details:



Contact person 1



Name:



Phone number



Email address



Contact person 2



Name:



Phone number



Email address

What is important to me: what I most value (for example)



**Being with
family and friends**



Reading



Social Media



**Being in
nature**



Reminder

What is important to me and what I most value





**Please share what makes you feel upset
or worried:**





Please share things that help you feel calmer or more at ease when you are worried, anxious or upset.

For example:



People/places



Music



Reassuring words



The people caring for you can then support you in the way that feels best for you.

Reminder

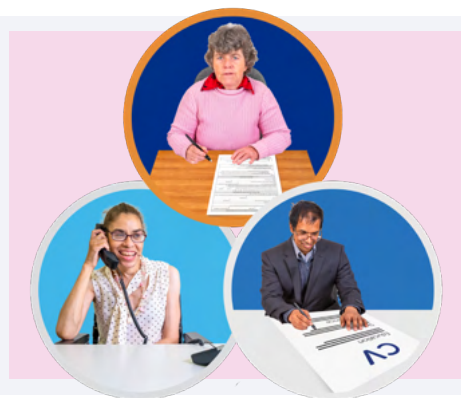
Please share things that help you feel calmer or more at ease when you are worried, anxious or upset.





What I would like you to know about me

For example:



Is your previous or present employment something you would like us to know about?



What events in your life are important for you?



Is religion or spirituality important to you?

Reminder

What I would like you to know about me

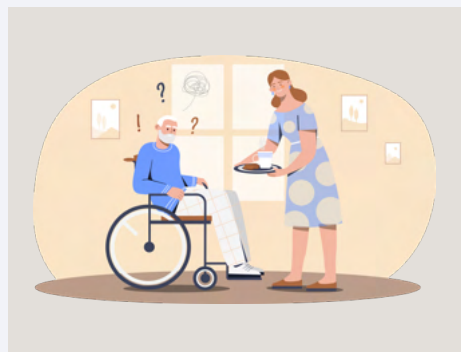




About medical care – what I most worry about and wish to avoid



Would you want treatment if there was a high risk that you would be unable to recognise family and loved ones?



or become less independent?

Reminder

**About medical care - what I most worry about
and wish to avoid**





Are there treatments that you choose not to have?



You may have feelings about needing certain treatments such as...



Tube feeding



Help with breathing



Needles/injections



Ask us if you do not fully understand what these treatments mean.

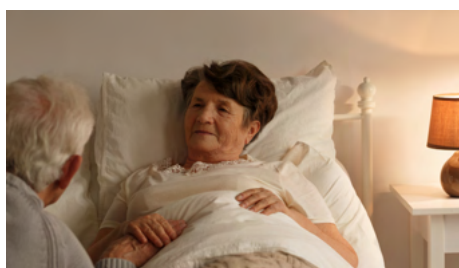
Reminder

Are there treatments that you choose not to have?





You may have feelings about where you want to be cared for, for example:



Home



Hospital



Hospice

My first preference of where I am cared for when I am dying is:

My second preference of where I am cared for when I am dying is:





My thoughts around resuscitation are:



If your heart or breathing stopped, healthcare professionals may consider trying resuscitation.



Ask your healthcare team if you do not fully understand what resuscitation is.



You can talk with your doctor or healthcare team about resuscitation and what is important to you.



Your healthcare team will explain whether resuscitation could help you.



The plan can then be recorded on your RESPECT form.

Reminder

My thoughts around resuscitation are:





For clear, balanced information about resuscitation please visit:



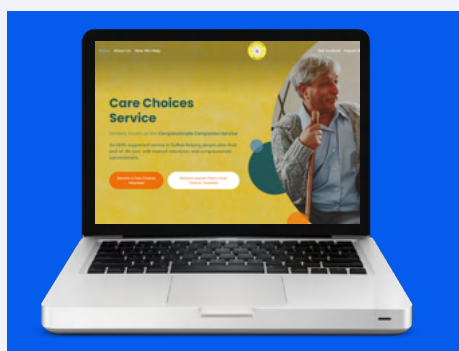
**Resuscitation council:
Patient information about resuscitation**

resus.org.uk



**A 10 minute film about resuscitation by a
local GP**

Cardiopulmonary Resuscitation



**Information and resources on end of life
and bereavement in Norfolk and Suffolk**

Care Choices UK



Answering survey questions about my care.



NHS

The NHS can send me a text message to ask me questions about my care



I agree



I do not agree



If I have agreed:



I might ask someone to answer for me.

I will ask them if they are happy to do that.



I understand that I can say STOP at any time to the survey



I understand that my answers will be private to the NHS



I understand that the My Care Choices Privacy Notice will make sure my answers are kept confidential and safe

Signature:



Date:



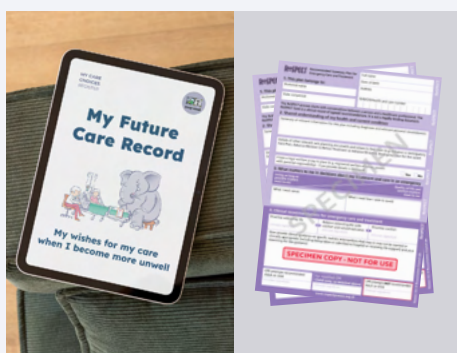
Thank You



Thank you very much for taking the time to fill in your **My Future Care Notebook**.

MY CARE CHOICES RECORD

Its official name is
'My Care Choices Record'



When you become very unwell your **My Future Care Notebook** and **RESPECT** forms tell your healthcare team:



what you prefer to happen



and what your choices are



**Remember, a wish or a preference is
not a legal contract.**



**The NHS will, however, pay great attention
to what you have said.**

Living Will

LIVING WILL

Principal's name: _____
Address: _____
Date of birth: _____
Social security number: _____
Date of execution: _____

This Living Will (the "Will") shall be used when you can no longer provide your healthcare wishes to your doctors or other medical personnel.

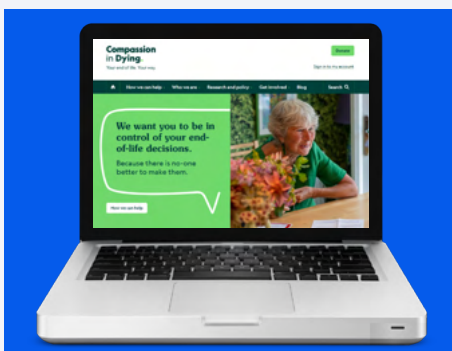
This Will consists of:

- A Health Care Directive – a document that specifies your preferences for end-of-

If you want to think about having a legal contract then please look into having a Living Will.



The official name for a Living Will is:
Advance Decision to Refuse Treatment



You can find out more about a Living Will at:

compassionindying.org.uk



Your yellow folder



If you have other documents or wish to say more please just include any additional information with this **My future Care Notebook** and keep it in your yellow folder.



Privacy



Read more about the privacy rules for your **My Future Care Notebook** here:

mycarechoices.online/privacy

MY CARE CHOICES REGISTER

This easy-read version has been created with the help of the people below who use easy-read materials themselves.



Online:
thinklusive.org



e-mail:
hello@thinklusive.org



LinkedIn

Made by
Thinklusive