

## Care home staff providing your care might ask you:

- Who are the key people we can contact if you become very unwell (for example family or close friends, someone you have given Power of Attorney to)?
- If you become very unwell, how and where would you like to be cared for?
- Are there other things we can do to help you?
- Is there anything else about your health and care that is important for us to know?



# Let's think ahead

## Anticipatory Care Planning

### Information about treatment and care planning for people in Care Homes

Adapted from Building on the Best Scotland leaflet, 2020

Logos used with permission from Healthcare Improvement Scotland July 2020

For further information please go to [www.whatmatterstoyou.scot/](http://www.whatmatterstoyou.scot/)

The leaflet may be made available in a larger print, Braille or your community language. Please email [anticipatorycareplanning@nhslothian.scot.nhs.uk](mailto:anticipatorycareplanning@nhslothian.scot.nhs.uk)



## Introduction

Anticipatory Care Planning (ACP) means thinking and planning ahead and understanding what is happening with your health and care.

No one knows when their health and care needs may change. It is important for care home staff and the GP practice providing your care and treatment to talk with you about:

- How you are
- What might happen if your condition changes and you are less well.

Together you can talk about **what matters to you**, to make sure you are involved as much as possible in planning your treatment and care. What you discuss will go into your care plan and can be shared with your family or a close friend.

If you already have a care plan, please share it with the care home staff.

When you are creating a care plan, you or your relative/close friend might want to ask the care home staff looking after you:

**Can we talk about what is important to me?**

**Can we talk about what might happen in the future?**

**Can we talk about things I would like and the things I do not want to happen to me?**

**Can we talk about the treatment and care options I have and any decisions I need to make with you?**