



Spreading the News



8th September 2025



In Spreading the News
this month ...



- Making Plans for
Your Future Care



- Ask someone you trust
to read with you



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Here are some things for you to think about



1. Why should I plan for My Future Care?

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2. How do I start planning for My Future Care?

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3. Three important ways to make your Choices and Wishes known

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- Advance Statement of Wishes

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- An Advance Decision to Refuse Treatment

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- Lasting Power of Attorney

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4. What to do next ...

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1. Why should I plan for My Future Care?

Three good reasons why you should think about planning for your future care:



1. There may be a time in the future when you're not able to make Choices and Decisions for yourself



2. It's nice to know that you will be cared for in a way you like



3. It means your family and carers know they are doing the right thing for you



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2. How do I start planning My Future Care?



Putting it simply
Planning for Future Care
begins by ...



- Thinking about



- Talking about



- And writing down
or recording



- Choices and Wishes
for your Future Care



3. Three important ways to make your Choices and Wishes known



1. Advance Statement of Wishes



2. An Advance Decision to Refuse Treatment
(This is often called a "Living Will")



3. Lasting Power of Attorney

We will look at each of these in turn ...

Ask someone you trust to read with you





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1. Advance Statement of Wishes

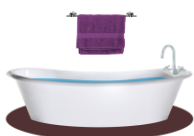
This tells people about what you want, and how you want, your Care in the future ...



It can include such things as ...



- Where you would like to be cared for, for example: at home or in a hospital, a nursing home, or a hospice



- How you like to do things, for example:
“I prefer a bath rather than a shower, I like to sleep with the light on”



- Who will look after your pets if you become ill



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2. An Advance Decision to Refuse Treatment



- You have the right to refuse medical treatment you do not want to have



- You might want other people, such as your doctor and other health professionals, to help you make these choices and decisions



3. Lasting Power of Attorney



- You can choose someone to make decisions for you in the future if you are unable to make the decisions for yourself



- There are two types of Lasting Power of Attorney



1. Decisions concerning ...
Your Health and Welfare



2. Decisions concerning ...
Your Property and Money Affairs



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Lasting Power of Attorney for decisions concerning **Your Health and Welfare**



- This is for making decisions about such things as



Your daily routines ...
for example: washing,
dressing, eating



If you should move into a
Care Home



Any medical care you
may need



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Lasting Power of Attorney for decisions concerning **Your Property and Money Affairs**



- This is for making decisions about such things as



Looking after your bank
or building society account



Paying your bills and looking
after your benefits or pension



Anything to do with your
home and property



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Who can you choose to be your Attorney?



Answer: Anyone you trust



- It can be your Wife, Husband or Partner



- Another relative or a friend you trust



- Or a professional, such as a solicitor



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You can choose the same person to be your Attorney



for both Health and Welfare and Money Affairs



Or you can choose one person to look after your Health and Welfare



And a different person to look after your Money Affairs



4. What to do next ...

- Ask someone you trust to look at the information on the following links ...



Advance Statement of Wishes



click



<https://www.nhs.uk/tests-and-treatments/end-of-life-care/planning-ahead/advance-statement/>



Advance Decision to Refuse Treatment



click



<https://www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/>



click



<https://www.ageuk.org.uk/information-advice/money-legal/legal-issues/advance-decisions/>



click



<https://www.macmillan.org.uk/cancer-information-and-support/treatment/if-you-have-an-advanced-cancer/advance-care-planning/advance-decision-to-refuse-treatment>



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Lasting Power of Attorney



click



[https://www.gov.uk/power-of-attorney/
make-lasting-power](https://www.gov.uk/power-of-attorney/make-lasting-power)



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Planning for the Future You Want !