

## What next?

If you'd like to talk about advance care planning, just call Marie Curie on **0800 304 7412** or speak to your nurse or GP, who can put us in touch. We'll be happy to help.

Our Companions can arrange to meet you virtually or come to your home to work out and document your wishes and hopes, both for yourself and your loved ones.

This will then be properly documented for you to keep and share.

Visit [lat.mccompanionservice@nhs.net](mailto:lat.mccompanionservice@nhs.net)

If you'd like to provide feedback or make a complaint, visit [mariecurie.org.uk/complaints](https://mariecurie.org.uk/complaints)

Thank you to everyone who supports us and makes our work possible. To find out how we can help or to make a donation, visit [mariecurie.org.uk](https://mariecurie.org.uk)

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# Let's talk about advance care planning

From the Marie Curie Companions service.

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Care and support  
through terminal illness

## Let's talk about advance care planning

Whatever stage you're at in your life, it can be really helpful to plan for the future.

Planning ahead can make things easier for your loved ones by letting them know what you want, in turn making it more likely that your wishes are understood and followed in the future. It can also mean you have more control over any treatment and care you receive.



## What is advance care planning?

Advance care planning can be a good idea no matter what your age or stage of health. It's about working out your personal values, life goals, and preferences regarding future medical care.

It's a voluntary process which gives you the opportunity to talk to family and friends and ensures you have a voice.

If you're living with an illness, there could be times when you're not well enough to make decisions about things like treatment plans. For anyone making decisions for you, it's useful to have as much information about you as possible, and to understand what's important to you. This way, they'll have the best chance of making decisions that are in line with your values and wishes.

## Talking about it

Marie Curie Companions are trained to help you with advance care planning.

They can talk you through things like your preferences, wishes, beliefs, values and feelings about:

- what makes you "you"
- your personal goals or care wishes
- treatments or interventions you might want to refuse
- types of decisions that may need to be made about your care and treatment in the future
- who you'd want to make decisions for you if at any point you can't make them yourself
- a Lasting Power of Attorney for Health and Social Care.