

Information for patients and families about treatment and care planning in hospital

ask what matters • listen to what matters • do what matters

**what
matters
to you?**

www.whatmattersforyou.scot

Introduction

As you are in hospital, it is important for us to talk with you about what is happening and what might happen if your condition changes and you are less well.

The team looking after you want to find out about **what matters to you**, and involve you as much as possible in planning your treatment and care.

If you agree, we will talk with other people who know you well to get their thoughts too.

You may already have an **Anticipatory Care Plan**, a ReSPECT form or another plan you have made about your treatment and care. A '**Treatment Escalation Plan**' is a plan you make with the team looking after you during this admission.

Please tell us if you have chosen someone to have a **Power of Attorney** for you.

Some things you might want to ask the team looking after you:

**This is what I know already...
Has anything changed?**

**Can we talk about what's
going to happen now?**

**Can we talk about what is important
to me and the people I care about?**

**Can we talk about things I would like
and the things I don't want?**

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

The team looking after you might ask you:

- Who are the people who help and support you?
- Can we talk with them too?
- Are there other things that we could do to help you?
- What do we need to know about you to look after you well?

Let's think ahead



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