

Having Anticipatory Care Planning Conversations A Guide For Friends, Family and Carers

Why have the conversation?

Sometimes it is difficult to know what the person we care for wants. It might be about the small things, like the way they are living day to day. It might be about bigger things, like the care and treatment they would like to receive if they were admitted to hospital. It is really important that everyone has a clear understanding of people's wishes so we can give them the right care and treatment.

It can be difficult to find the right time to have these conversations during an emergency, so it is better if we can talk with our friends and family before any type of crisis happens.

These conversations can be difficult for everyone and easy to put off. If you are not used to talking about these feelings or subjects it can be difficult to know what to say or when to start the conversation. However it can also be really helpful and comforting to have the conversation. It can be a relief to know what someone wants to happen if their health or circumstances change and decisions need to be made.

Our teams of health and social care professionals have had years of experience in having these conversations. We are happy to answer any of your questions and talk about these subjects at a pace that is right for you and the person you support.

How does it work?

We would like to help you and the person you care for write down their thoughts so we can share it with everyone who needs to know. This is called an 'Anticipatory Care Plan' or ACP and it will help make sure that they receive the right treatment, in the right place, at the right time.

We have suggested some ideas of things we would like to talk about with you and the person you care for. We use the word "DISCUSS" to help everyone remember the different topics that are part of Anticipatory Care Planning.

Have a think about each of them and what you would like us to know. You might not be ready to talk about some of these things right now. Don't worry we can talk about them at another time.

There will be lots of opportunities to have these conversations. If it helps, you and the person you support can write down your thoughts and discuss these with us during any appointment or home visit.

What could we "DISCUSS"?

As someone who supports others, we would like to talk to you to make sure you feel comfortable with any decisions that are made. If the person you care for has capacity then it is up to them to decide what we can share with you, however we will try to include you as much as possible.

D Decisions

Please let us know if there is anything that would help anyone understand things more. If you are the Power of Attorney for the person you care for, please let us know as soon as possible. If you would like to find out more about Power of Attorney please visit our website www.nhsggc.scot/planningcare.

I Interventions

You can talk to us about all about things we could do to help the person you care for, as well as things they might not like to happen. You can also talk to us about all about treatments that we don't think would be good for the person you care for.

S Social Relationships

You can talk to us about what life is like just now for everyone. You can talk about any informal care or support that you provide. This might be things like doing the shopping, making meals or providing personal care. It could also include emotional support. You can talk to us about other people you, and the person you support, feel should be included in discussions and decisions. This could be other friends or family members. If there are people who you don't want to be involved in these conversations then please let us know this as well.

As someone who supports others, if you would like to find out more about help and support available to you in your local area call the Carers Information Line on 0141 353 6504.

C CPR

Cardiopulmonary Resuscitation (CPR) is a process which tries to restart someone's heart. In most cases it will not be successful. You can talk to us about whether this might be appropriate for the person you care for and how you all feel about it.

U Understanding You

You can talk to us about about what makes the person you care for happy and brings comfort. This might be things like religion or faith, but could also involve how they like to spend their time and the "little things" that bring them joy.

S Surroundings

You can talk to us about where the person you care for would like to receive care and treatment. This could be short or long term treatment. You can also talk to us about where they would like to receive end of life care. This might be at home, hospital, a hospice or a nursing or residential home.

S Services

You can talk to us about services that may already help the person you care for in their day to day life, or other services that could be useful. This might be a clinical service like district nurses, or a social care service like homecare. It could also be support services like Carer Support Services or local community support.