

Is an FCP legally binding?

An FCP is not a legal document, it is a statement of your wishes and preferences. It does not have to be complicated or involve solicitors, but it can help others to respect and value your wishes if needed in the future. A FCP can lead to:

- An advance statement
- An advance decision to refuse treatment (ADRT)
- DNACPR
- A lasting power of attorney (LPOA)

What happens if I change my mind?

Don't worry if you change your mind. This is not a problem. You can alter your FCP at any time to reflect your most recent wishes and preferences.

Who can help me write my Future Care Plan?

- Family
- Carers
- Nursing Staff
- Doctors

Where should I keep my Future Care Plan?

At home, letting your family and loved ones know where to find it.

You can give a copy to anyone who is involved in your care such as:

- Family members
- GP
- Your hospital team
- Community nursing team
- Professional carers

Where do I go from here?

Following your conversation with your family or those close to you, it would be helpful to inform your own General Practitioner (GP).

If you need further information, support and advice you can contact the ACP facilitator:

Helen Roberts:

Helen.Roberts19@wales.nhs.uk

Useful links:

www.dyingmatters.org/wales

www.advancecareplan.org.uk

Does anyone know what your future wishes are?



Future Care Planning

gives you an opportunity to think

Thinking about the care that you may need or want in the future about it, talk about it and write it down.

I want to move closer to my family.

I want people to know that I do not like football, or a rugby fan.

I worry about who will look after my partner and disabled daughter.

I need someone to make sure my dog's ashes are buried with me.

Having these discussions can help you and the people close to you to understand what you feel is important for your future.

I want to prevent arguments by making sure my family know what and I don't want to be a burden to them.

I want to choose and decide where and how I am cared for in the future.

Thinking about and discussing your future plans is known as **Future Care Planning**, often written as **FCP**.

Having a **Future Care Plan** provides an opportunity to discuss and record your views. It will help to make sure that your wishes are respected and your voice continues to be heard if, at some time in the future, you are unable to speak for yourself.

What kind of things can I plan for and write in my FCP?

- Your wishes and preferences for the future.
- Funeral wishes.
- Who will make decisions for you?
- Where you want to be cared for.
- What that care may or may not involve.

How do I do it?

Think about what you want or do not want.

Let people know.

Discuss your wishes and write them down.

Speak to those close to you.

Speak to the professionals caring for you.

