

# Let's think ahead

## Future Care Planning

**Information about treatment and care planning for residents in Care Homes**



## Introduction

Future Care Planning means thinking and planning ahead and understanding what is happening with your health and care.

No one knows when their health and care needs may change. It is important for care home staff and the GP practice providing your care and treatment to talk with you about:

- How you are
- What might happen if your condition changes and you are less well.

Together you can talk about **what matters to you**, to make sure you are involved as much as possible in planning your treatment and care. What you discuss will go into your care plan and can be shared with your family or a close friend.

If you already have a care plan, please share it with the care home staff.

**When you are creating a care plan, you or your relative/close friend might want to ask the care home staff looking after you:**

**Can we talk about what is important to me?**

**Can we talk about what might happen in the future?**

**Can we talk about things I would like and the things I do not want to happen to me?**

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

## Care home staff providing your care might ask you:

- What you know about your health and how it might change?
- Who are the key people we can contact if you become very unwell (for example family or close friends, someone you have given Power of Attorney to)?
- If you become very unwell, how and where would you like to be cared for?
- Is there anything else about your health and care that is important to you and you think we should know?

Adapted from Building on the Best Scotland leaflet, 2020

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For further information please go to [www.whatmatterstoyou.scot](http://www.whatmatterstoyou.scot)

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