

Anticipatory Care Planning (ACP)

Our service is keen to help you understand what this means for you

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- We can discuss: What you would like to happen.
We can answer: Any questions you have.
You can choose: To have your family or friends with you when we talk about this.
If you agree: We can let your doctor and other services know what is important to you.
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This information is held on computer
It is called a Key Information Summary (KIS)
It can be shared with doctors and paramedics

Some things we might ask you:

- What can you do when you are well?
- What are your usual symptoms?
- What do you do if your usual symptoms change?
- Is there anything that worries you or you are finding difficult?
- Who do you usually have to help you?
- When you are ill do you have anyone to give you extra help?
- Would you rather be looked after at home if this is possible?

Remember:

**Anticipatory Care Planning is about what YOU want.
If you change your mind at any time, just let us know**



Edinburgh IMPACT Service

Improved Anticipatory Care & Treatment

Supporting people with long term conditions

**Monday – Sunday
8am to 4.30pm**

0131 537 9254

**Outwith these hours
please call: NHS 24 on 111**



Community Nursing Service

What is the Edinburgh IMPACT Service?

The Edinburgh IMPACT service is for people who have long term conditions and for their carers.

It aims to improve the quality of life for patients, give support to carers and looks at ways to help you manage at home.

How could this service help me?

You will be offered support from an experienced nursing team.

We will help you to:

- Understand your condition and find ways of coping with your symptoms.
- Recognise early warning signs and get help quickly.

- Think and plan ahead about how you want to be looked after when your illness makes it difficult for you to cope on your own. This is called anticipatory care planning.

We are able to:

- Be a first point of contact for any help and advice.
- Work with you and your family to develop an anticipatory care plan.
- Visit you regularly to monitor your condition and help you when you are more unwell.
- Refer you to other professionals who may also help you manage your condition.

If you are admitted to hospital, with your agreement, we can contact the ward and make sure they have any important information about you.

- Help hospital staff plan your discharge home.
- Provide information about local services which might be of help.

