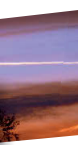
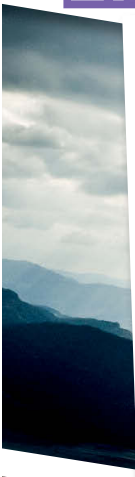




HAVE THE CONVERSATION... END OF LIFE CARE



JEWISH CARE

This leaflet is to help raise your awareness about the importance of planning for the future and ensuring your wishes and preferences are known to people who matter to you. Should your health decline to a stage where you may lose independence, many of us have preferences of how we want our life to be, whether we remain at home with family and friends, or in a care home, but we never get around to having the conversation. Invariably, most people's last moments are in hospital which would not necessarily be their first choice.

Only 1 in 10 of us talk to family and friends about where we'd like to die.

HAVE 'THE' CONVERSATION

Don't find yourself saying, "I wish I'd spoken earlier..." It is important to start these conversations early as they help to make your choices known to the people who matter to you. We often make 'to do' lists for tomorrow, but we don't make 'to do' lists to plan ahead, often believing that if you talk about a time when you are not independent, it will bring it closer, or that it's depressing or morbid to discuss. Jewish Care is here to help and support you manage decisions that often have to be made at a time of crisis. Starting the conversation is never easy, but deciding who you want to make decisions on your behalf if you are not able is a good first step.

PLANNING FOR THE FUTURE

Advance Care Planning (ACP) is a process of discussion between you and those who are important to you. This plan can change at any time and is not legally binding, but identifies what you want for your future care, where you want to be cared for and by whom.

To enable the people you have chosen to carry out your wishes, you may want to appoint a Lasting Power of Attorney (LPA) for Property & Affairs and/or Health & Welfare. At this time, consideration should also be given to writing a will. An LPA is a legally binding document and provides peace of mind to you and those you have chosen enabling them to act in your best interests if and when needed, but only when you have lost mental capacity. It prevents the Court of Protection needing to get involved which can often be a costly process causing anxiety and distress.

WHAT IF I CAN'T COMMUNICATE?

Put down your requirements in an advance statement, which lets everyone involved in your care know about your wishes, feelings, beliefs and preferences if you are not able to communicate.

WHAT IS AN ADVANCE CARE STATEMENT AND HOW CAN IT HELP?

Stating your wishes and preferences in this way begins a process of discussion that is known as an advance statement which is not legally binding.

DOES IT NEED TO BE SIGNED AND WITNESSED?

You don't have to sign an advance statement, but your signature makes it clear that it is your wishes that have been written down.

WHO SHOULD SEE IT?

You have the final say in who sees it. Keep it somewhere safe, and tell people where it is in case they need to find it in the future. You can keep a copy with your GP in your medical notes.

WHAT ABOUT THE THINGS I DON'T WANT?

An Advance Decision to Refuse Treatment (ADRT) can be completed to document any treatments or procedures that you do not want and is legally binding. The treatment being refused must be specified, signed and witnessed. An ADRT can be withdrawn or altered at any time whilst the person has capacity to do so.

For more advice on this leaflet or tips on starting the conversation, please do not hesitate to contact Jewish Care Direct on 020 8922 2222 or email helpline@jcare.org.

Dying Matters, NCPC, Preferred Priorities of Care, Compassion in Dying
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www.jewishcare.org
www.dyingmatters.org

For more information about end of life care look out for our other booklets:

