[](https://www.google.co.uk/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj0wJeFyqrbAhVE1hQKHWR5CKAQjRx6BAgBEAU&url=http://www.abm.wales.nhs.uk/&psig=AOvVaw03kNlwYEo1c6f1E6JxoqRX&ust=1527671519735121)[](https://www.google.co.uk/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwibm477yarbAhWD7RQKHbARACQQjRx6BAgBEAU&url=http://www.brandsoftheworld.com/logo/macmillan-cancer-support-0&psig=AOvVaw1cqr5PbOAUb047Hnltxibh&ust=1527671500282593)   
*Advance Care Planning*

Who will speak for me if I am unable to speak for myself?

Do my family know my wishes for my future care?



There are different ways you can make plans in advance. These include:

* making a will
* writing down or telling people your wishes for your care (Advance Care Planning)
* creating a Lasting Power of Attorney
* creating an Advance Decision to Refuse Treatment (ADRT)

If you want to start planning ahead, you can talk to your:

* GP
* district nurse
* specialist community nurse
* social worker
* hospital doctors

For further information please contact: The Advance Care Planning Team. [Abm.advancecareplanningteam@wales.nhs.uk](mailto:Abm.advancecareplanningteam@wales.nhs.uk) or Sharlene Rippin, ACP Practitioner & Sian Vincent, ACP Practitioner: 07580 588393 Katherine Abbott, ACP Support Worker : 07580588423