
*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?

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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 or Sharlene Rippin, ACP Practitioner & Sian Vincent, ACP Practitioner: 07580 588393 Katherine Abbott, ACP Support Worker : 07580588423