



THE UNIVERSITY  
of EDINBURGH



“What is important  
to me and my  
family now  
and in the  
future?”

“Do I have  
enough  
information  
about my  
health problems?”

“Have I any  
questions  
or things I'd like to  
talk  
about?”

# Thinking ahead planning together

My name:

## Some information about this plan

### What is future care planning?

To be able to give the best care to people with serious illnesses we need to talk about what is important to each person and their family now and if things change in the future.

A 'future care plan' can help you to think about what things are important to you so you can talk about them with your family and friends.

The people who are looking after you would like to help you with your plan and talk about how we can use it to give you the best care we can.

### What goes in the plan?

You can use the plan in any way you like. Most people start by writing things down that are important for them and their family at the moment. Some people like to put in information about the kind of care and treatment they would like to have now and in the future.

### How do I fill it in?

The plan has some boxes which give you a few ideas about what you might want to think about. Some people use all the boxes, some just one or two. You might choose to add a box or page of your own. You can fill your plan bit by bit and you can change or add to it whenever you want.

### Who can help me fill it in?

A few people like to fill in their plan by themselves. Many people do it with their family or close friends, or with help from the people who are looking after them. If someone does help you, you might want to write their name in at the end. It is important to talk about things you add or change in your plan with your family, and the people who are looking after you.

### Where should I keep my plan?

You should keep your plan at home so you can show it to any health professionals who come to see you. It is a good idea to take your plan with you if you go to see your GP, or if you go to hospital for anything. This helps everyone who is involved with your care know what is important to you and your family.

### Can I get a version for my computer?

Yes, if you would like a copy of the Thinking Ahead and Planning Together booklet to put on your computer so you can update it that way, please ask. It is still a good idea to print off a copy of the most up to date plan to have at home as well, so that you can take this to any appointments.

## Important things right now

It is a good idea to start by thinking about how things are now.

What do people looking after me need to know about me and my family?

What would help me most?

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## Planning ahead

You might want to write about things you are looking forward to, important events that are coming up for you or your family, or things you want to do or carry on doing.

What could help me with these things?

Are there any other things that I might be able to do?

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## Looking after me well

The people looking after you want to make sure you have all the information you need about your health problems and would like to find out what is important to you.

Are there any things about my treatment and care now, or in the future that are important to me?

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## My concerns

You can write about any worries that you might have here. These could be about yourself, your family or even your pet.

Are there things that worry me now, or have I any worries about what might happen in the future?

Have I any plans about what we might do if any of these things did happen?

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We would welcome any comments or suggestions about this booklet. Contact us...

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