

My Life

Information and advice for patients

Supportive and Palliative care

My Life

The My Life Booklet has been developed for you to keep and use to support you at this time. You can use this booklet as much or as little as you choose, to share what is important to you now and what is important to you about your future care.

Doctors and nurses involved in your care will continue to use medical or healthcare records within their services. This booklet does not replace your medical record or nursing care plan, but it can be used to help inform your care plan.

The My Life booklet includes sections for you use and to record:

- Your record personal contact information
- Your medical history
- Services involved in your care
- What is important to you
- Your wishes regarding your future care
- Your medication
- Advice given to you following a consultation or healthcare professional visit
- Your personal diary

The My Life Booklet also includes information on national and local support organisations that you might find helpful. Many of these organisations produce information resources and leaflets which can be helpful to you at this time.

This is your personal booklet to keep and use. It is your responsibility, so please keep it safe and secure if you take it with you to the hospital, hospice or healthcare setting.

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My personal information

My Name:
What I like to be called:
My Address:
Telephone Number:
Date of Birth:

My Next of Kin:
Relationship:
Address:
Telephone Number:

Other Family / Carer Contact:
Relationship:
Telephone Number:

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My current medical problem:

My relevant medical history (previous illnesses or operations):

Useful Information about me:

My Allergies:

What allergic reaction do I have?

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Who is involved in my care?

Role:	Name:	Contact Details:
GP/GPs		
Consultant		
District Nurse		
Specialist Palliative Care/ Macmillan Nurse		
Community matron		
Specialist Nurse		
Social Worker		
Out of Hours Contact		

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Information about me

Things that are important to me (for example faith or beliefs):

Things that worry or upset me:

What helps me when I'm worried or upset?

I have a **This is Me** leaflet?

Y / N

A simple and practical tool that people with dementia can use to record their needs, preferences, likes, dislikes and interests.

If yes, please give details of where this is kept and who has a copy:

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My questions

If you have any questions about your care or future care, you can write them down here ready for when you next see a healthcare professional.

Question	Advice given

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Advance Care Planning – Advance Statement

These next 2 pages are for you to express your wishes and priorities about future care. This is an 'advance statement' of your wishes to be used as a guide to inform the planning of your care. This is different from an 'advance decision,' which is a legally binding refusal of specific treatments.

You can access further information on Advance Care Planning on the NHS Choices website:
<http://www.nhs.uk/Planners/end-of-life-care/Pages/planning-ahead.aspx>

This template has been adapted from the 'Thinking Ahead' document developed by the national Gold Standards Framework Centre.

What is important to me at this time in my life? For example what makes me happy – being at home or having family near?

What elements of care are important to me? For example what would I like to happen and what would I worry about?

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My Preferred Place of Care:

Comments:

My Preferred Place of Care when I am at the end of life? If my condition deteriorates, where would I most like to be cared for?

Comments:

Advance Decision to Refuse Treatment

The Mental Capacity Act (2005) gives people in England and Wales a statutory right to refuse treatment, through an 'advance decision'. An advance decision to refuse treatment allows a person to state what forms of treatment they would not wish to have in specific circumstances, should they lose capacity to make a decision in the future.

An advance decision to refuse treatment:

- must state precisely what treatment is to be refused – a statement giving a general desire not to be treated is not enough
- may set out the circumstances when the refusal should apply – it is helpful to include as much detail as possible
- will only apply at a time when the person lacks capacity to consent to or refuse the specific treatment. Specific rules apply to life-sustaining treatment.

You can access further information on Advance Decisions to Refuse Treatment on the NHS Choices website:

<http://www.nhs.uk/Planners/end-of-life-care/Pages/advance-decision-to-refuse-treatment.aspx>

I have an **Advance Decision to Refuse Treatment?** Y / N

If yes, please give details of where this is kept and who has a copy:

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I have a **Do Not Attempt Resuscitation decision?** Y / N

If yes, please give details of where this form is kept:

Lasting Power of Attorney Information

The Mental Capacity Act (2005) allows people 18 and over to choose and appoint someone to make their health, welfare and/or financial decisions if in the future they lack capacity to make these decisions for themselves. This person is called an attorney and is appointed by a formal document called a Lasting Power of Attorney (LPA). There are two different types of LPA:

- A Health and Welfare LPA is for decisions about both health and personal welfare, such as where to live, day-to-day care or having medical treatment.
- A Property and Financial Affairs LPA is for decisions about finances, such as selling the donor's house, paying bills or managing their bank account.

Before an LPA can be used, it must be registered with the Office of the Public Guardian. Information on LPA and the Office of the Public Guardian can be found at:

www.direct.gov.uk

I have a LPA for Health and Welfare? Y / N

If yes please give details:

I have a LPA for Property and Financial Affairs? Y / N

If yes please give details:

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My current medication

Date started	Name of drug and why I am taking it	Strength of drug and how to take it	How much of the drug to take each time and how often in 24 hours.

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My current medication

Date started	Name of drug and why I am taking it	Strength of drug and how to take it	How much of the drug to take each time and how often in 24 hours.

Just in case box issued with anticipatory medication

Date:

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My record of contacts and consultations

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Information for you and your carers

If you do not have access to the internet, please remember that most local libraries have computers available for public use. There may be a small charge involved for use of the internet. You can also speak to staff involved in your care for more information.

Palliative Care in Sandwell and West Birmingham

Connected Palliative Care - available 24/7

0121 507 3611

<https://www.swbh.nhs.uk/services/connected-palliative-care/>

Information on cancer

Macmillan Cancer Support helpline and website

☎ 0808 808 0000 (interpretation service available)

Macmillan Cancer Support

www.macmillan.org.uk

Marie Curie Cancer Care

www.mariecurie.org.uk

Information on different cancers

www.cancerhelp.cancer research org.uk

Information on non-cancer conditions

Information on heart failure – British Heart Foundation

www.bhf.org.uk

Information on lung conditions – British Lung Foundation

www.lunguk.org

Motor Neurone Disease Association

www.mndassociation.org

Parkinson's Disease Society

www.parkinsons.org.uk

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Multiple Sclerosis Society

www.mssociety.org.uk

Alzheimer's Society – information on dementia

www.alzheimers.org.uk

The Stroke Association

www.stroke.org.uk

Health Talk Online – an information resource on patient experiences in relation to different conditions

www.healthtalkonline.org

Other Useful Information

Age UK

☎ 0800 169 6565

www.ageuk.org.uk

Benefits Enquiry Line

☎ 0800 882200

www.dwp.gov.uk

Public Services Information

www.direct.gov.uk

Sandwell Citizens Advice Bureau

03444 111 444

<http://citizensadvicesandwell.org.uk/>

Birmingham Citizens Advice

03444 77 1010

<http://www.bcabs.org.uk/>

NHS local website

www.nhslocal.nhs.uk

Carers UK

☎ 0808 808 7777

www.carersuk.org

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Crossroads Carer Scheme – Solihull and Birmingham
www.sandwellcrossroads.org

Dying Matters website – information and resources to support planning for future care at end of life
www.dyingmatters.org

Gold Standards Framework website - information on the national programme to support gold standards in end of life care
☎ 01743 291 891
www.goldstandardsframework.org.uk

Help the Hospices - information resources relevant to living with advanced illness and a directory of hospice services
☎ 020 7520 8200
www.helpthehospices.org.uk

NHS information on planning for your future care
[https://www.nhs.uk/Livewell/Endoflifecare/Documents/Planning_your_future_care\[1\].pdf](https://www.nhs.uk/Livewell/Endoflifecare/Documents/Planning_your_future_care[1].pdf)

Other useful contacts for you to add:

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My personal diary/notes

You may find this section useful to record how you feel and how your illness or treatment is affecting you.

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If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



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