

# Advance Care Plans

**Planning ahead can help you get the care you would like at the time you need it.**

Writing down your wishes and plans means your family, friends and healthcare team will know what is important to you. It can also help you feel more in control of your care. You can plan ahead, whether you have a serious illness or not.

There are different ways you can make plans in advance:

1. Writing down or telling people your **wishes for your care**;
2. Creating a **Lasting Power of Attorney**;
3. Creating an **Advance Decision to Refuse Treatment (ADRT)**;
4. Writing down **your wishes about organ and tissue donation**;
5. **funeral planning**

## Your wishes for your care

You can either tell people your wishes or write them down. These will be your specific wishes about how you would like to be cared for if you ever become unwell. This may be at home, or in a hospital, care home or hospice. You can get support to help plan and write down your wishes for your care. If you are not sure what kinds of things you can express your wishes about talk to your GP, or a healthcare professional involved in your care.

Wishes and preferences you have, as well as important details about your healthcare needs, can often be shared with all the healthcare professionals involved in your care, and this is a really important way of ensuring everyone knows about the things that are important to you. This is sometimes called an Advance Care Plan or an Anticipatory Care Plan.

## Lasting Power of Attorney

Creating a Lasting Power of Attorney means appointing in writing the name of someone you trust to make decisions on your behalf. There are two types of Lasting Power of Attorney:

- A **Property and Financial Affairs LPA**, to manage your finances and property.
- A **Health and Welfare LPA**, to manage your welfare, which may include your health.

**For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](https://www.macmillan.org.uk)**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. A company limited by guarantee, registered in England and Wales company number 2400969. Isle of Man company number 4694F. Registered office: 89 Albert Embankment, London SE1 7UQ. VAT no: 668265007

It is a legal document and needs to be registered. A Health and Welfare LPA can only be used if you become unable to make decisions yourself. A Property and Financial Affairs LPA can be used when you are still able to make your own decisions.

## Advance Decision to Refuse Treatment

You can also write down your wishes about any treatment you do not want to have, in case you are not able to tell your doctors or family later. These are known as Advance Decisions to Refuse Treatment (ADRT). These decisions are sometimes referred to as a living will. Advance Decisions to Refuse Treatment are legally binding if they meet certain requirements in the Mental Capacity Act 2005.

## Organ and tissue donation

Some people choose to write down their wishes about organ and tissue donation, or whether they would like to donate their body for medical research. You can register whether you would like to donate your organs and tissue on [the NHS organ donor register](#) which is legally binding and will ensure your decision is respected in the event of your death. If you would like your body to be donated for medical research once you have died, you will need to sign a consent form and tell your family, friends and GP.

## Funeral planning

You may wish to be involved in planning your funeral. This can be helpful if you know how you would like your funeral to be carried out. It is also possible to pay for your funeral in advance. There are many types of funeral available and they can be personalised to suit your needs, from faith-based to humanist. They do not all have to be sombre occasions and you can determine what matters the most to you. It can also help loved ones determine what you would wish.

## Other Sources of Support

Our advice pages go into more detail on how to put together an Advance Care Plan [here](#).

You can also speak to our cancer support specialists on **0808 808 00 00**.



Dying Matters is a group of people and organisations working to improve awareness of death, dying and bereavement. Its aim is to help people talk more openly about these important issues, and to encourage people to make plans for the end of life. Find out more about [the work of Dying Matters](#).

**For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](#)**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. A company limited by guarantee, registered in England and Wales company number 2400969. Isle of Man company number 4694F. Registered office: 89 Albert Embankment, London SE1 7UQ. VAT no: 668265007