

What's important to me

Your name

What is this document for?

You can use this document to help you prepare for the future. It gives you an opportunity to think about, talk about and make notes about your preferences and priorities for care at the end of your life.

After you have made your notes, you should discuss your wishes with your health and social care professional. They may ask you to record your wishes on a specific document that's used where you live.

If you don't want to use this document to make notes about your wishes, you don't have to.

Sometimes people wish to refuse specific medical treatments in advance. This document is not meant to be used for such legally binding refusals. If you decide that you want to refuse any medical treatments, you should discuss this with your doctors.

What should I include in my What's important to me document?

You should include anything that's important to you or that you're worried about. It's a good idea to think about your beliefs and values, what you would and wouldn't like, and where you would like to be cared for at the end of your life.

Should I talk to other people about my What's important to me document?

You may find it helpful to talk about your future care with your family and friends, although sometimes this can be difficult, because it might be emotional or people might not agree. It can also be useful to talk about any particular needs your family or friends may have if they are going to be involved in caring for you. Your professional carers (such as your doctor, nurse or social worker) can help and support you and your family with this.

People who should be asked about your care if you're unable to make a decision for yourself

Is there anybody who you'd like to be consulted about your care if you're unable to make decisions for yourself? If so, please provide their contact details below.

Name	Relationship to you
Address	Telephone number

Your preferences and priorities

In relation to your health, what has been happening to you?

What are your preferences and priorities for your future care?

Where would you like to be cared for in the future?

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This document has been adapted from the Preferred Priorities for Care document (PPC). PPC was developed in 2004 by the Lancashire & South Cumbria Cancer Network and revised in 2007 by the National End of Life Care Programme. This document is available at www.nhs.uk/resource-search/publications/eolc-ppc.aspx

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