

What's important to me document

My details

Name: _____

About this document

This document can help you think about the future. It gives you the chance to talk about and write down your preferences and priorities for care at the end of your life. You do not need to do this unless you want to.

After you have made your notes, you should discuss them with your health and social care professionals. They may ask you to record your wishes in a different document.

This document is not meant to be used to record specific medical treatments you do not want to have in the future. If you decide that you want to refuse any medical treatments, you should discuss this with your doctors. They will tell you how to record this decision.

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

You should include anything about your future care that is important to you, or that you are worried about. It is a good idea to think about:

- your beliefs and values
- what you would and would not like
- 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. Sometimes this can be emotional, or people might disagree with you about your decisions. It can also be useful to talk about any particular needs your family or friends may have if they will be caring for you. Your health and social care professionals (your doctor, nurse or social worker) can support you and your family with these decisions.

People who should be asked about my care if I become unable to make decisions for myself

There may be someone who you would like to be asked about your care if you are unable to make decisions for yourself. If so, please provide their contact details below.

| | |
|---------------------|--|
| Name | |
| Relationship to you | |
| Address | |
| Telephone number | |

My preferences and priorities

Health information – what my healthcare team need to know about me to give me the best care and treatment.

Preferences and priorities for my future care – what is important to me? Is there anything I would like, or anything I do not want?

Where I would like to be cared for in the future.

This form has been adapted, with permission, from the National End of Life Care Programme's Preferred Priorities for Care proforma, which was originally published in 2004 by the Lancashire & South Cumbria Cancer Network and revised in 2007 by the National End of Life Care Programme. Printed on sustainable material. Please recycle. © Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MAC14480_Form 1

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