

# Planning for future priorities

Even people who do not have a serious illness might think about [planning ahead](#) for their future care. It means people will know your wishes if you become very unwell and cannot make or communicate a decision. For example, you could record where you would like to be cared for if you become unable to decide for yourself.

Making a plan can help you to talk with your healthcare team, family or friends about what matters to you. It can help everyone understand your wishes and how you would like to be cared for in certain situations.

You can also plan how you will manage your financial affairs, and who can do this if you can no longer manage. This could include giving someone the ability to pay your bills and access your money.

There are different things you can do to plan ahead. You do not have to do them all. If you change your mind later, you can change your plans. It may be helpful to start with the ones that are most important to you.

## How you can plan ahead

- Talk with family, friends and your healthcare team about your wishes. Let them know what matters to you about your future care. They may be able to help you to plan ahead. Telling them your wishes means they can help make sure they are carried out.
- You may want to write this down in an [advance care plan](#). In Scotland this is called a future care plan. There are different documents you can use. Ask your healthcare team if they have one.
- Think about setting up a [power of attorney](#). This means choosing someone you trust to make decisions about your care or finances, if you become unable to. A power of attorney is a legal document. The person you appoint is called your attorney.
- You can write a statement of your wishes about any medical treatments or care you would not want if you are unable to make decisions. For example, if you are very ill and do not want to have antibiotics for an infection. In England, Wales and Northern Ireland this is called an [advance decision to refuse treatment \(ADRT\)](#). In Scotland it is called an [advance directive](#).
- [Writing a will](#) means that your wishes are carried out after you die. It can make sure your family or friends are provided for in the way you want. It is easier to make a will when you are feeling well.
- You might want to write down your wishes about [organ and tissue donation](#), or donating your body to research.
- You might want to [plan your own funeral](#) and possibly pay for it in advance. This means that your loved ones know what you want.

## Macmillan Cancer Support resources

We have more information on our [website](#), including audiobooks. Or you can order our free booklets and leaflets on [be.macmillan.org.uk](http://be.macmillan.org.uk) such as:

- [Planning ahead when living with cancer – England and Wales](#)
- [Planning ahead when living with cancer – Scotland](#)
- [Your life and your choices: plan ahead Northern Ireland](#)
- [Your step-by-step guide to making a will.](#)

We produce information in a [range of formats](#) and [languages](#). To order these, visit our website or call our support line.

## Further Macmillan support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm. Or visit [macmillan.org.uk](http://macmillan.org.uk) where you can [chat online](#) to one of our team.

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

Our free [Macmillan Buddy service](#) can arrange weekly calls or visits with a friendly volunteer who understands what you're going through.

Or if you want to share your experiences or ask questions, you can find others who understand on our [Online Community](#).

## Other useful contact details

- Good Life, Good Death, Good Grief – visit [goodlifedeathgrief.org.uk](http://goodlifedeathgrief.org.uk)
- Hospice UK: Dying Matters – visit [hospiceuk.org](http://hospiceuk.org) or call **0207 520 8200**
- Marie Curie – visit [mariecurie.org.uk](http://mariecurie.org.uk) or call **0800 090 2309**.

## Notes and questions

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