

Easy read

Making an advance care plan



Sometimes people get very sick and do not get better.



You can plan what you want to happen if you get very sick.



This is called an **advance care plan**.



You put your wishes in an **advance care plan**.



You can say what care and treatment you want.



You can say what care and treatment you do not want.



You can include important things about your culture or religion.



You can say where you want to be looked after if you get sick.



You can include people, places and things that matter to you.



The **advance care plan** lists all your choices.



It tells the people caring for you what you want.



You do not need to be sick or dying to have an **advance care plan**.



Anyone can make an **advance care plan** at any time.



Talking about death can be scary but it is important.



This helps you get the right care from your healthcare team and people important to you.

People important to you may include family, friends or support workers.

Speak to someone



If you want to make an **advance care plan**, speak to your healthcare team.



They can answer any questions you have.



They can help you make an **advance care plan**.

