

## Further Information

### Devon End of Life Care:

[www.devon.gov.uk/index/socialcarehealth/endoflife.htm](http://www.devon.gov.uk/index/socialcarehealth/endoflife.htm)  
or [www.torbaycaretrust.nhs.uk](http://www.torbaycaretrust.nhs.uk) (click onto Our Services)

### National End of Life Care Programme:

[www.endoflifecareforadults.nhs.uk](http://www.endoflifecareforadults.nhs.uk)  
[www.nhs.uk/Planners/end-of-life-care/Documents/Planning-for-your-future-care.pdf](http://www.nhs.uk/Planners/end-of-life-care/Documents/Planning-for-your-future-care.pdf)

### Advanced decisions to refuse treatment:

[www.adrt.nhs.uk](http://www.adrt.nhs.uk)

### Age UK:

[www.ageuk.org.uk](http://www.ageuk.org.uk)  
08001696565

### Government Services and information (including benefits):

[www.gov.uk](http://www.gov.uk)

### Mental Capacity Act:

Information booklets about MCA (2005)  
[www.justice.gov.uk/protecting-the-vulnerable/mental-capacity-act](http://www.justice.gov.uk/protecting-the-vulnerable/mental-capacity-act)  
0845 330 2900

### Office of the Public Guardian (Lasting Power of Attorney):

[www.justice.gov.uk/forms/opg](http://www.justice.gov.uk/forms/opg)

### Citizens Advice:

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### Talking about Dying:

[www.dyingmatters.org](http://www.dyingmatters.org)

## Further Information

### Patient Advice and Liaison Service (PALS) for NHS Devon, Plymouth and Torbay

Tel: 0300 123 1672 or 01392 267665, calls to 0300 numbers cost the same as calls to national landlines and are included in mobile call bundles

Web: [www.devonpct.nhs.uk/PALS/PALS.aspx](http://www.devonpct.nhs.uk/PALS/PALS.aspx)

Email: [pals.devon@nhs.net](mailto:pals.devon@nhs.net)

### Contact PALS for Torbay and Southern Devon Health and Care NHS Trust

Tel: 0800 032 7657 (free phone) or 01803 219700

Email: [palsandcomplaints.tct@nhs.net](mailto:palsandcomplaints.tct@nhs.net)

### Contact PALS for Torbay Hospital

Tel: 0800 028 2037 (free phone) or 01803 655838

Email: [pals.sdhc@nhs.net](mailto:pals.sdhc@nhs.net)

### Contact North for North Devon

Tel: 01271 314 090

Email: [pals@ndevon.swest.nhs.uk](mailto:pals@ndevon.swest.nhs.uk)

Or write to: Information Centre, Level 2, North Devon District Hospital, Raleigh Park, Barnstaple EX31 4JB

**To discuss receiving this information in large or Braille please ring 0300 123 1672**

## Information Leaflet about

# The Planning Your Future Care Booklet





## What is the “Planning for your Future Care” booklet

The booklet aims to help you plan for the future with the professionals involved in your care and the people who matter to you, whether they are carers or friends and family.

## There are five main parts to the booklet:

- a statement of your wishes and care preferences
- advance decision making
- putting your affairs in order
- making a will
- funeral planning

The booklet can help you to be supported in the way you wish, when you are unable to express your views for yourself. By recording your preferences in the booklet it will help ensure your wishes are taken into account.

The booklet can be added to over a period of time to meet your changing needs - if something is important to you, you can record it in the booklet. You don't need to fill in every section.

Whilst the booklet is associated with end of life care anyone can use the booklet, even if they do not have a specific health condition - the idea is that everyone should be thinking about planning how they would like to be cared for in the future.



## Where to get it from

You can obtain a free copy from your GP practice, PALS, local library. Alternatively it can be downloaded at [www.devon.gov.uk/index/socialcarehealth/endoflife.htm](http://www.devon.gov.uk/index/socialcarehealth/endoflife.htm) or [www.torbaycaretrust.nhs.uk](http://www.torbaycaretrust.nhs.uk) (click onto Our Services).