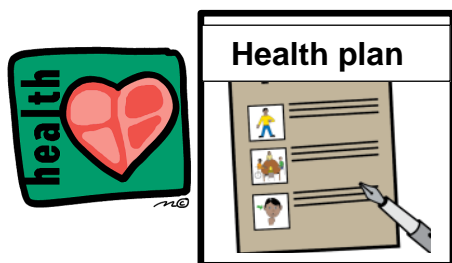
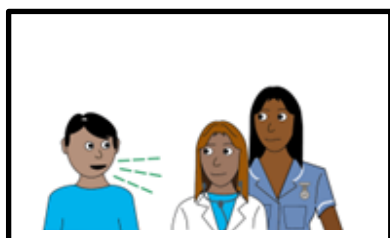


Introducing Planning Ahead

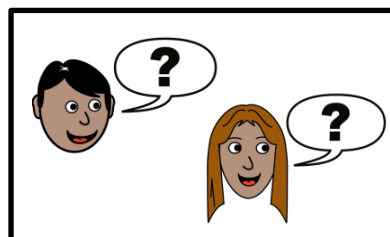
Planning ahead helps you think about how you would like to be looked after if you become seriously ill



Making plans helps you to think about your health, your wishes and your care.



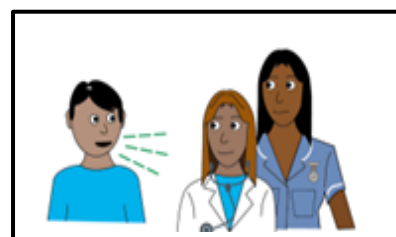
It is ok for you to talk about your wishes at any time before you might be unwell and need care.
You could talk to your doctor or nurse.



It is good to make decisions or ask questions about the future.
Your wishes are important.



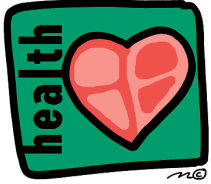
Everyone has choices and you can change your mind about any decisions.



Nurses, doctors and social workers like to know if you have thought about your wishes if you became seriously ill.

Here are some examples of decisions and choices you may like to make:

About your health and your body



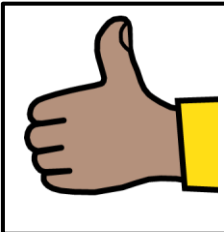
- Questions about your health and any worries that you have.
- How your health might change in the future.
- You also might ask about care towards the end of your life.

About your care

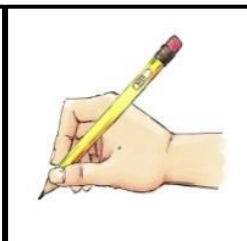
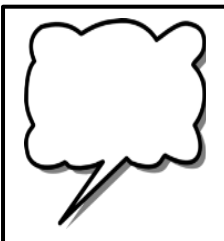


- Where you want to be looked after
- Who is there to help you
- Any wishes you might have if you became seriously ill

Personal wishes



- Important things
- How you like things to be done
- Things you like to have with you



It is helpful to write things down and tell someone important about your wishes.

Thank you for reading this