



**North East Essex**  
Clinical Commissioning Group



# My Care Choices

## Record

For you to complete and share  
with those closest to you

Advance Care Planning  
in North East Essex

# Guidelines for completing your My Care Choices Record

The My Care Choices Record is about your choices for care, so please complete those sections that are relevant to you.

You may wish to complete it if you have a long-term condition and are the recipient of care from a variety of providers. It is your document to keep as it is about you, so keep it with you or in your home.

It is a good idea to let those close to you know that you have completed the document and where to find it, should it be needed.

If you are a carer, then you may wish to have a discussion with the person you care for and give them help to complete it.

You may wish to only complete the first 3 pages which is information about yourself that you would like those caring for you to know.

It is important to read the information page about the My Care Choices Register on page 6, as once you have completed the document, with your consent, your GP can enter your choices on to it, so that other healthcare professionals are aware of the care you would like.

The My Care Choices Register is not an advance decision to refuse treatment and is not legally binding. If you would like more information about Advance Decisions (Living Wills), visit the Compassion in Dying website at [compassionindying.org.uk](http://compassionindying.org.uk)



# My Care Choices Record

This is about your choices for care so please complete those sections that are relevant to you.

My name:

What I like to be called:

Date:

The medical conditions I have and how they affect me:

Allergies and sensitivities:

## About Me

What is important to me?

What makes me feel better if I am anxious or upset? Include things that may help if you become unhappy or distressed.

I would like you to know e.g. employment, past and present/significant events in my life:

Who is important to me and knows me best? This may be a spouse, relative, friend or carer.

Name of first person I would like to be involved with decisions about my care:

Contact number:

Name of second person I would like to be involved with decisions about my care:

Contact number:

What I would like to happen if I become more unwell e.g. please contact a close relative / I want to be cared for in a community hospital rather than a main hospital if possible. (Please discuss these preferences with your GP):

What I would not like to happen e.g. I would prefer not to go to hospital / I would not wish to receive artificial feeding. (Please discuss these preferences with your GP):

Other things that people caring for me should know?

## My Care Choices Register

**The My Care Choices Register is a record of your decisions about:**

- The kind of care you wish to receive in the future if you were more unwell and your preference for the place of care.

**You may choose to record:**

- The type of care you would like to receive as you approach the end of your life, including any cultural or religious wishes
- Your choice of where you would like to be cared for at the end of life

It also holds key information about your diagnosis, your condition and the medical treatment you are receiving.

**The register is for those who:**

- Have a severe chronic disease for whom a deterioration may be life-threatening **or**
- Are in frail overall health and at risk of sudden deterioration **or**
- Those with dementia who wish to record their preferences for future health care **or**
- Live in a residential or nursing home for older people **or**
- Have a condition making it likely they are in the last year of life

It is held online and can be accessed securely only by staff responsible for your care, such as your GP, community nurses, hospital staff, ambulance services, and St Helena who host the register.

They can access it any hour of the day or night, so you can be confident that everyone looking after you knows the care you want.

In the future, social care support staff and care home staff will also be able to see the choices of those they support.

## Consent to share my information

To ensure I receive the best care, I give consent to share the information contained within this form with the health and social care professionals involved in my care, by way of paper and electronic records, including the My Care Choices Register.

My Name:

My Signature:

Date:

**It is recommended that you ask your GP to record your choices on the register once you have completed this document.**

## Other things to consider

### Fire safety

You are eligible for a free home fire safety visit by the Essex County Fire and Rescue Service. They also supply smoke alarms free of charge.

To arrange a free visit by a home fire safety officer please call 0300 303 0088 and ask for the Home Fire Safety Team or contact them by email by following the Home Fire Safety Link at [www.essex-fire.gov.uk](http://www.essex-fire.gov.uk)

### Support in the event of a power cut to your home

Join the UK Power Network Priority Services Register. UK Power Networks keep the lights on by distributing electricity to people's homes.

Power cuts are rare these days, but can still happen. In the event of a power cut, by joining the Priority Services Register you can receive extra help.

If you would also like an emergency box please ensure you request one when you register. This contains useful items such as a torch, a room thermometer and a storage bottle for your medical information.

**You can register at** [www.ukpowernetworks.co.uk/priority](http://www.ukpowernetworks.co.uk/priority)

**by phone on** 0800 169 9970

**or email** [psr@ukpowernetworks.co.uk](mailto:psr@ukpowernetworks.co.uk)



## Lasting Power of Attorney (LPA) for health and welfare

An LPA allows your attorney to make decisions regarding your health and personal welfare, including decisions to refuse or consent to treatment on your behalf, day to day care and where you should live. It only comes into force if/when you lose the ability to make these decisions for yourself and is only valid once it has been registered with the Office of the Public Guardian.

I have a lasting power of attorney for health and personal welfare: yes ☐ no ☐

If yes please give details:

Name:

Address:

Telephone:

Reference number of LPA:

## Lasting Power of Attorney (LPA) for property and financial affairs

An LPA gives your attorney the power to make financial decisions for you, e.g. managing bank accounts or selling your house. Your attorney has the power to take over the management of your financial affairs as soon as the LPA is registered with the Office of the Public Guardian, unless the LPA states that this can only happen after you lose the capacity to manage your own affairs.

I have a lasting power of attorney for property and financial affairs: yes ☐ no ☐

If yes please give details:

Name:

Address:

Telephone:

Reference number of LPA:

I have a Court Appointed Deputy

Name:

Telephone number:



**Please note**, prior to 2007, an enduring power of attorney was a way of appointing a representative.

If you have nominated an enduring power of attorney, please tick here ☐

If you do not have an LPA and would like to create one, please contact a solicitor or visit: [www.gov.uk/power-of-attorney/make-lasting-power](http://www.gov.uk/power-of-attorney/make-lasting-power)

## Planning your healthcare towards the end of your life

Looking towards the future, you may wish to consider and discuss how you would want your care delivered and where you would like it to take place.

If my condition deteriorates this is where I would like to be cared for:

1<sup>st</sup> choice

2<sup>nd</sup> choice

This is where I would like to be cared for at the end of my life:

1<sup>st</sup> choice

2<sup>nd</sup> choice

These are other documents that I have been involved in completing:

DNACPR (Do not attempt cardio pulmonary resuscitation)

Date:

Advance decision to refuse treatment

Date:

Details:



## Emergency contacts

It would be important to speak with the following people, if I am ever unwell or unable to make my own decisions about my own health:

I would like  
to be contacted **first** in the event of an emergency.

Name:

Relationship to me:

Telephone:

Name:

Relationship to me:

Telephone:

Name:

Relationship to me:

Telephone:

Name:

Relationship to me:

Telephone:

## Healthcare professionals

GP:

Other healthcare professionals involved with my care:  
(name and organisation)

(name and organisation)





IN ASSOCIATION WITH



**East Suffolk and  
North Essex**  
NHS Foundation Trust



**Essex Partnership University**  
NHS Foundation Trust

Published October 2018 - 2<sup>nd</sup> Edition. To re-order supplies of this booklet please email [literature@sthelena.org.uk](mailto:literature@sthelena.org.uk) quoting leaflet code: MCCR/01

Registered Charity Number 280919. Registered Office: Myland Hall, Barncroft Close, Highwoods, Colchester, CO4 9JU

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