

To be eligible to receive support patients must be registered with one of these GP practices: -

- Garforth Medical Centre
- Gibson Lane Practice
- Kippax Hall Surgery
- Lofthouse Surgery
- Moorfield House Surgery
- Nova Scotia Medical Centre
- Oulton Medical Centre

Patients can be referred to the Planning Ahead Coordinator by professionals or patients can refer themselves or a family member by emailing wycb-leeds.planning.ahead@nhs.net with the patient's name, GP surgery and reason for referral.

Jo Joy-Jones is the Planning Ahead Coordinator working on behalf of the practices in the LS25/26 Primary Care Network.



HOW TO FIND OUT MORE

For more information you can email wycb-leeds.planning.ahead@nhs.net or ring Jo on 07453779878 visit the LS25/26 Primary Care Network website at www.ls2626pcn.co.uk

You can also scan this QR code to visit our website.



THE PLANNING AHEAD SERVICE

PATIENT INFORMATION LEAFLET



WHAT IS PLANNING AHEAD?

The Planning Ahead Service records your reflections about what you would like to happen towards the end of your life. The service specifically supports individuals with severe complex or long-term health needs and also people that have expressed an interest in planning for their future.

You can have a chat about your life and future plans with Jo; our Planning Ahead Coordinator. Topics that might pop up include; what matters to you, how you are supported, what local support is available, your preferred place of care and death, Power of Attorney, will making and funeral arrangements. You may be given leaflets or be referred to other services. These conversations take place in person in your home with your loved ones present and can be done over a number of visits.

After the conversations are complete, you will receive a ReSPECT (Recommended Summary Plan for Emergency Care and Treatment) form to help inform other health care professionals about your preferences going forward. The ReSPECT form is an important document and Jo will explain its relevance during the home visits.

ReSPECT Recommended Summary Plan for Emergency Care and Treatment

Full name: _____ Date of birth: _____

1. This plan belongs to:
Preferred name: _____ Address: _____
Date completed: _____ NHS/CHI/health and care number: _____

2. Shared understanding of my health and current condition
Summary of relevant information for this plan including diagnoses and relevant personal circumstances: _____

3. What matters to me in decisions about my treatment and care in an emergency
Living as long as possible Quality of life and control matters
What I most value: _____ What I most fear / wish to avoid: _____

4. Clinical recommendations for emergency care and treatment
Prioritise extending life with comfort and valued outcomes Prioritise comfort
CPR attempts recommended For modified CPR Child only, as detailed above CPR attempts NOT recommended
www.respectprocess.org.uk

PATIENT FEEDBACK

"We feel that we've been able to have the chat, we felt very comfortable and we feel really happy about the future. These are the things that we have been wanting to talk about with our boys. We felt very comfortable talking about these things, you couldn't do it with just anyone."

"I would fully recommend this service. When you're younger it can be hard to hear [about things related to death] although not for me as I'm used to it. [It] depends on an individual's needs and health as to what they can handle. It's good that you can change your ReSPECT form and 'Do not attempt cardiopulmonary resuscitation (DN CPR)' because I've had a traumatic year I might feel different in the future. It's been a big learning curve for myself and Jo!"

USEFUL LINKS



Age UK Leeds

City wide charity supporting older people in Leeds.

0113 389 3000/0113 389 3010

info@ageukleeds.org.uk

www.ageuk.org.uk

Leeds Bereavement Forum

Directory of Bereavement support in Leeds.

0113 225 3975

info@lbforum.org.uk

www.lbforum.org.uk



Leeds Palliative Care Network

Leeds Palliative Care Network

Directory of Palliative and End of Life Care in Leeds.

Contact via the online form on the website.

www.leedspalliativecare.org.uk

Garforth Neighbourhood Elders Team

Charity supporting people age 60+ in Garforth and surrounding villages.

0113 2874784

info@netgarforth.org.uk

www.netgarforth.org.uk



MHA Rothwell & District

Charity supporting people age 55+ in Rothwell

0113 2880887

www.mha.org.uk

The Swan Song Project

Leeds based charity which helps people experiencing bereavement, terminal illness or people who are planning their end stages of life to write songs

Contact via the online form on the website.

www.swansongproject.co.uk



Dying Matters in Leeds

Dying Matter Leeds aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

0113 222 4444

www.dyingmattersleeds.org