

Palace Road Surgery
Patient Participation Group (PPG) Meeting
Monday 03.08.20
1pm-2pm

Those Present:-

Anushia (Assistant Practice Manager/PPG Practice Lead)
Alan (Patient PPG Lead)
MA (PPG patient)
Dr Winter (Leads GP Partner)
Dr Hope (GP Partner)
Dr Puvinathan (GP Partner)
Uma (Practice Manager)
Massimo (HCA)
Cynthia (Practice Nurse)
Vivienne (Practice Nurse)
Qasim (Pharmacist)

Guest Speaker:-

Verena Hewat
Community Outreach & Training Officer



Starting the Conversation

Verena Hewat from Compassion in **Dying** on Advance Care Planning discussed how to start a conversation about advance care planning?

How your PPG might organise activities around this topic?

Also **PPG Awareness Week** is around the corner (4th-9th June), come and share with us what you have planned for that week, or are you looking for inspiration or support? Come to talk to other PPG members and us.

Starting the Conversation – Advanced Care Planning

Guest speaker Verena Hewat, Community Outreach & Training Officer from Compassion in Dying (CiD) joins the meeting. [Click here for presentation.](#)

Compassion in Dying is a national charity which helps people prepare for end of life; how to talk about it, plan for it, and record their wishes.

They can support you to plan for your treatment and care, in case a time comes when you can't make decisions. This helps you get the support that's right for you, when you need it. When what matters most to you is known and recorded, it makes it easier for your family, friends and healthcare professionals to follow your wishes, giving everyone peace of mind. Help can be provided through their free information line, publications and resources, and their work with diverse communities. They specialise in supporting people to make Advance Decisions ('Living Wills') and to talk about their goals and priorities when living with a life-changing illness. Their free *MyDecisions* website helps people to record their wishes for care in a legally binding way. They are keen to raise awareness about planning ahead and are currently focusing their support in Lambeth.

Advanced care planning is about making informed decisions and there is a lot of free support and advice available. There are three tools to help when thinking about planning ahead:

1. Advance Decision to Refuse Treatment (ADRT) is a legal document where individuals outline the treatment they do not want to receive in the future if they lose the capacity to make decisions or communicate their needs. There is no national database, however some people have them included in their medical records.

Question: Are photocopies of these documents accepted? **Response:** Yes, copies are accepted, as long as it is clear where the original is kept

Question: Does this replace living wills? **Response:** The big difference is that living wills have no legal meaning, so it is suggested that you update your living will to an ADRT. It is good practice to update and review your ADRT regularly (i.e. every couple of years, or if your health situation changes).

Compassion in Dying has good guidance on how to prepare an Advance Decision.

2. Advance Statement (*free*)

An Advance Statement allows you to write down your wishes, feelings, beliefs and values, in case you later become unwell and need care or medical treatment. For example, you can include your food preferences, religious or spiritual beliefs, your daily routine and where you would like to be cared for.

Lasting Power of Attorney for Health (LPAH) came into being in 2007. It is where individuals nominate someone to act on their behalf if they lose capacity. It is a myth that family members have the right to make decision about treatment in the absence of a lasting power of attorney. The healthcare professional will make

<https://www.dyingmatters.org/page/why-dying-matters-me>

Dying Matters

What can you do?

You can do something to help someone cope with dying, death and bereavement in your community




Dying Matters

Dying Matters Awareness Week
14th–20th May 2018

www.dyingmatters.org

www.facebook.com/DyingMatters
twitter.com/DyingMatters

Creating conversations

Dying well takes planning

Join us online on Zoom for...

Death Café

Every Wednesday, 2.30-4pm

Bereavement Café

Every Monday, 5-6.30pm

Join us for relaxed and friendly conversations about death, dying, loss and bereavement and life. Bring your questions, stories and concerns as we share and appreciate our finite lives together. Our welcoming cafés are a space for any people of any background, religion, culture, or belief to meet together in a non-judgmental environment. Attendance priority is given to people living in St Christopher's catchment area (Bromley, Croydon, Lambeth, Lewisham and Southwark).

Please join the Zoom meetings at
<https://us02web.zoom.us/j/7048734172>

You will need a password to access these events online, so please contact Carol Trower at c.trower@stchristophers.org.uk to book your space and receive the password. To find out more about these events visit www.stchristophers.org.uk/creatingconversations.

Please note that these are not counselling forums.



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