

End of Life Care Choices Easy Read Guide

Preparing



Preparing for your end-of-life care is very important and if you can plan carefully it can

make a big difference to the care you will receive and can help you to make sure that your wishes are carried out properly.

What is CPR?

Cardiopulmonary Resuscitation



This is a First Aid procedure that involves a trained person (normally care staff) pushing up and down on your chest to get your heart started if it has stopped and to keep the blood flowing around your body. These actions are called chest compressions. The person doing the chest

compressions could also give you oxygen by blowing into your mouth to inflate your lungs. This is called mouth to mouth resuscitation. These procedures are completed to maintain life or to bring you out of Cardiac Arrest. Cardiac Arrest is when your heart has stopped, and you are no longer breathing.



DNACPR - what is it ?



Do Not Attempt Cardiopulmonary Resuscitation

This is a document that is signed by you/family and a medical professional that tells everyone involved in your care that they are not to attempt CPR (Cardiopulmonary Resuscitation).

Why would a Doctor suggest this is not be a good idea?

It is your right to say if you would like someone to attempt this procedure or not. Sometimes a doctor or medical professional might suggest that it is not a good idea to have this completed if you are very unwell and there would only be a very small chance of this working, or that there could be a high risk that your quality of life would be

affected even if your heart started again.



What is an Emergency Health Care Plan?

This is a plan that you can create with a medical professional such as your GP. In this plan there are details about where you would like to receive medical treatment. You can

have it written in this plan if you want to go into hospital to receive treatment or be cared for at home towards your end of your life or become very poorly. If you were to become very ill towards the end of life and a medical professional comes out to see you such as a paramedic, they would be able to look at this plan and respect your wishes.



Who can help with these decisions?



All medical professionals should approach you as a priority when looking at these decisions, however you may be too poorly or unable to make these decisions at the time. If this happens your family/advocate/ Lasting

Power of Attorney could help the medical professionals to make these decisions. But **you** can make these decisions before you become too poorly and write them in your health care plan. These decisions will only come into effect if needed.



Advance Decision to Refuse Treatment



This is a decision you can make to refuse a certain type of treatment such as a treatment to keep you alive. If you were too poorly to communicate your wishes in the future, this document would make sure that your

wishes could still be respected by your family, carers, and Health professionals.



Resident name	
Date	
Family present	
Care staff	

Other resources:

<https://www.nhs.uk/conditions>

www.mariecurie.org.uk

www.macmillan.org.uk

www.carechoices.co.uk