

Making choices about the future if you are dying



Version 1- October 2017



This factsheet will help you to think about the future.

People will support you to help you make the right choices about your future.

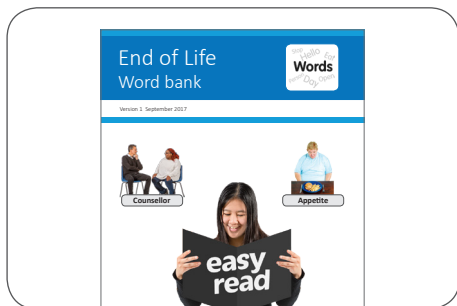
Information about reading this booklet.



This booklet uses easy words and pictures to help you get the information you need.



You may want someone to read through the booklet with you to help you understand it.



The Word Bank may help you to understand the most difficult words.

Ask for advice as well as reading this booklet.



If you are worried about your health you should always get advice from your doctor and nurses.

Making choices about the future.

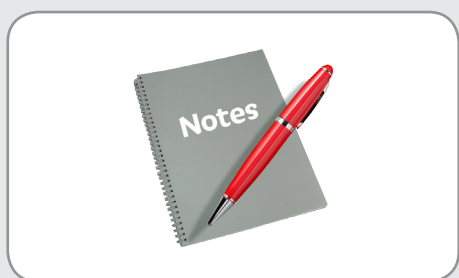


When people are dying they may be too ill to make choices, or to tell people what they want.

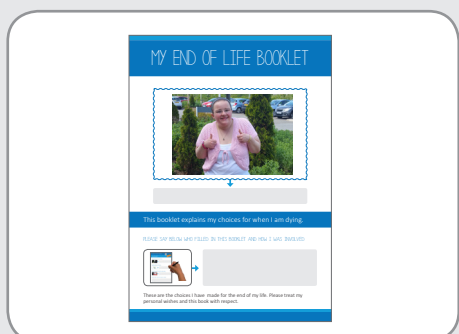
You can make choices before you become too ill.



You can think about choices for the future while you feel well.



Your choices for the future can be written down for people to see.



Your choices can be written in a booklet called 'My End Of Life Booklet'.

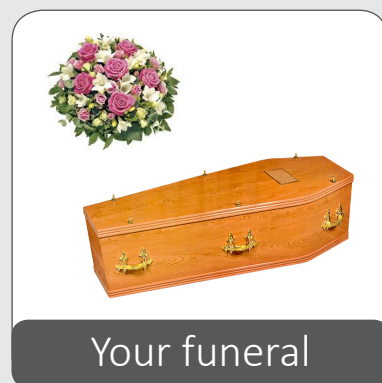
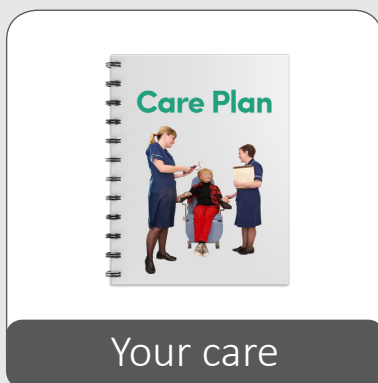
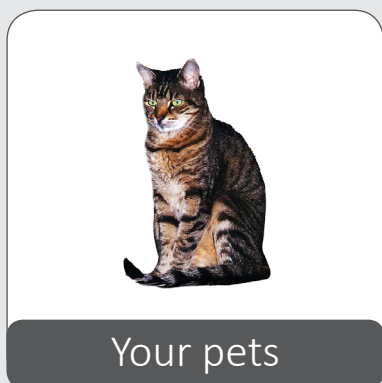
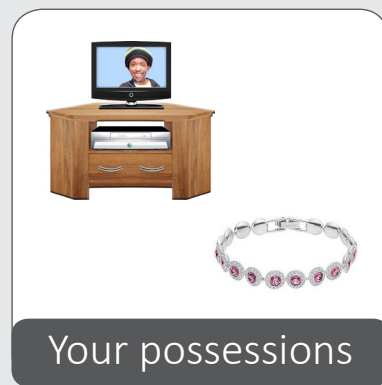
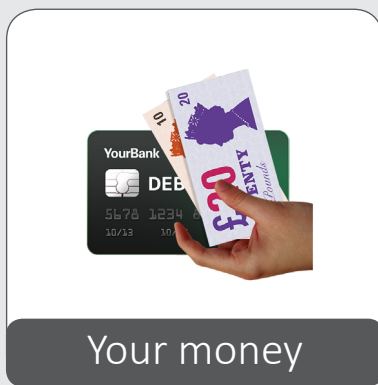
Making choices about the future.



People will help you to talk about the future and what choices you would like to make.

You can make choices about many different things

These are some of the things you can make choices about:



Caring for you.



Many different doctors, nurses and therapists will care for you in the last few months, weeks and days of your life.

People will support you in many different ways.



They can make sure you are comfortable and have the right medicine.



They can make sure you have help with things like eating, drinking and communicating if you need it.



They can help make your home better for you. For example they can put in handrails to help you get in and out of the bath.

Caring for you.



There are different places you can be cared for in the last few months, weeks and days of your life.

You can be involved in choosing where you are cared for.



Some people are cared for in their own home.



Some people are cared for in hospital.



Some people are cared for in a hospice. Some people are cared for in a nursing home.

Choosing to stay in your own home.



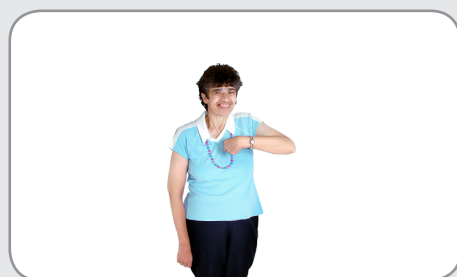
People can care for you in your own home.



You may share a home with other people with a learning disability.



You may live at home with your family.



You may live on your own in a house or a flat.



You may live in a nursing home.

You may need to go to hospital sometimes.



Some of the problems you may have will need to be treated in hospital.

You may stay in hospital for a few days, or for longer.



You may only stay in hospital for a short time and then go home again.



You may need to stay in hospital for longer if you need a lot of care and treatment.



Some people who are very ill are cared for in hospital until they die.

Some people choose to be cared for in a nursing care home or a hospice.



Nurses can care for people in a hospice and in nursing homes.



A hospice is a place where people who are ill or dying go to for care and support.



Nursing homes are for people who need nurses to help care for them.



Your family and friends can visit you in a hospice or a nursing home.

You can choose who comes to visit you.



There may be special people you want to see.

If you become very ill you may not be well enough to make decisions for yourself.



The people who care for you will talk with your family and care staff before making decisions about your care.



They will also look at your 'End of Life Booklet' if you have one.

Credits

This factsheet was developed in partnership by St. Benedict's Hospice, Northumberland, Tyne and Wear NHS Foundation Trust and South Tyneside NHS Foundation Trust.

Designed by The Clear Communication People Ltd. using Photosymbols and other stock photography.



St. Benedict's Hospice
& Centre for Specialist
Palliative Care

Northumberland, Tyne and Wear 
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