

Do you have a diagnosis of dementia?

Have you heard of Advance Care Planning?

Advance Care Planning is thinking about your wishes and priorities for yourself and your care. This can help to support you now and, in the future, if you are no longer able to make those decisions yourself.

It is about
living for today, and planning for tomorrow

And can help to answer the question,
who will speak for you if you can't make
your own health and care decisions?

Advance Care Planning is different for everyone.

It can include putting in place:

- A record of your care preferences
- A Lasting Power of Attorney
- A record of your likes and dislikes

You might also want to consider having conversations about a ReSPECT (Recommended Summary Plan for Emergency Care and Treatment) form or an Advance Decision to Refuse Treatment.

It is important to share and discuss this information with people you trust to speak on your behalf, and people who are, or will be, involved in your care.

The Dementia Wellbeing Service
is a service from Alzheimer's
Society which can offer support



Telephone: 0333 150 3456

Email: DementiaSupportLine@alzheimers.org.uk

Website: alzheimers.org.uk/get-support

Alzheimer's Society also provides a translation service.
Call the number and say the English word of the
language you want