

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 Connect Model is a service from the Alzheimer's Society which can offer support

Telephone: 0333 150 3456

Email: dementia.connect@alzheimers.org.uk

Website: alzheimers.org.uk/dementiaconnect



The Alzheimer's Society also provides a translation service.

Call the number and say the English word of the language you want