

**If you were suddenly  
taken ill, who would  
know your wishes?**



*Think ahead, plan ahead, share your wishes*

# Thinking ahead, planning ahead, sharing your wishes....

There may be times in your life when you wonder about what would happen if you were to become seriously ill.

It may be at a time of ill health or as a result of a life-changing event. It may simply be because you are the sort of person who likes to plan ahead.

Planning ahead can help you, your partner, friends or relatives and your doctor know your wishes, just in case something unexpected happens.

Not everyone will choose to have a conversation about their wishes and that is fine. However, talking about your wishes and planning ahead means you can make sure that what is important to you is known by the people who care about you. They can also help you to make decisions about concerns or practical issues.

It can help to write down your wishes and preferences for future care and treatment.

These conversations can be recorded and shared on a form called ReSPECT (Recommended summary plan for emergency care and treatment).

Planning ahead can improve patient and family satisfaction in the care they receive and may reduce stress and anxiety.

Planning ahead is sometimes called Advance Care Planning.

*Plan for tomorrow -  
live for today*



## Is it time to share your wishes?...



## If you would like to know more about this...

- Speak to your nurse or doctor
- Take a look at the leaflets and booklets in the Leeds Cancer Information Centre (Level 1, Bexley Wing, St James's University Hospital)
- Pick up a 'Planning for your future care' booklet and a 'ReSPECT' leaflet available in the outpatient department or the ward information leaflet racks
- Ask your Health Care Professional about the ReSPECT process: [www.resus.org.uk/respect](http://www.resus.org.uk/respect)

... start a conversation

We hope you find this leaflet helpful. If you would like to read this in another language please visit Leeds Teaching Hospitals NHS Trust website ([leedsth.nhs.uk](https://leedsth.nhs.uk)) and select the **orange symbol**.



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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