

THATCHAM  
MEDICAL  
PRACTICE



**What is a  
CARE PLAN  
and what are  
the benefits  
of having one?**

## **Having a care plan can help you plan for the future by:**

- Helping to manage changes in your health and wellbeing, or family situation.
- Having a plan for what to do if you (or your carer) become ill or need help in an emergency.
- Telling people what you would like to be able to do.
- Sharing key information with the ambulance and out of hours services, community teams and carers.

## **Thinking ahead and making plans for changes in your health, gives you more say about what happens. Planning ahead is particularly important and helpful if you:**

- Have a significant long-term health condition.
- Have many health and support needs.
- Are an older person and you need regular help and support.

## **What does a care plan involve and how is it developed?**

Your Care Planning Nurse or GP will develop a personalised care plan, working with you and your carers (if applicable).

The discussion regarding the care plan can take place at the practice, or at home if you are housebound.

## **Information contained in the care plan can include:**

- Relevant medical information; conditions, diagnosis, latest clinical observations.
- Details of medication.
- Significant past medical history.
- Emergency and next of kin contact details.
- Personal wishes and plans for care, which can include:
  - What matters to you and your family.
  - Treatments that would not work for you.
  - Treatments you do not want, including life sustaining treatments such as resuscitation.
  - Your preferred place of care.

## How does this help you and your carers?

- A dedicated number for urgent requirements.
- Once a care plan has been agreed patients are given a copy of the care plan to keep in their home.
- With your consent, an electronic copy will be made available to the ambulance and out of hours services and any teams that may be involved with your care.
- A care plan enables other healthcare professionals to see what actions have been agreed between you and your Care Planning Nurse/GP if you become unwell and unable to explain your wishes.

## Reviewing the care plan

- Care plans are reviewed annually or sooner if required.
- You can also advise your care planning team of any changes or updates that you feel should be included in your care plan.

**If you think you, or a loved one would benefit from having a care plan in place please contact the practice to make an appointment with the Care Planning Nurse**

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