

What if I wish to refuse treatment?

If you wish to refuse treatment you can discuss this further with your GP or health care professional. An Advance Decision to Refuse Treatment enables someone aged 18 and over, while still capable, to refuse specified medical treatment for a time in the future when they may lack the capacity to consent to or refuse that treatment.

What if I need urgent help or advice about my health?

You may wish to contact your GP or if you need any urgent health advice or help, 24 hours a day, seven days a week, you can call the Care Navigation Centre on **01233 504133**.

Useful information:

Dying Matters

www.dyingmatters.org

Freephone: 08000 21 44 66

Cruse Bereavement Care (Canterbury and Thanet branch)

www.crusebereavement.org.uk

Tel: 08456030024 or 08706070547 (Swale)

Pilgrims Hospices

www.pilgrimshospices.org

Tel: 01233 504133 – Care Navigation Centre

Kent Community Health NHS Trust

www.kentcht.nhs.uk

Kent County Council

www.kent.gov.uk/adult_social_services.aspx

NHS Blood and Transplant

www.organdonation.nhs.uk

Tel: 0300 123 2323

Mental Health Matters 24/7 helpline

Tel: 0800 1070160



The My Wishes Register

East Kent's End of Life Register

East Kent's patient information leaflet

Planning your healthcare at the end of your life

Most people want to have a say over the healthcare they receive at the end of their lives. However, it is not always easy to discuss your thoughts and wishes with those around you. Just thinking about it can make those close to you very upset, but then when the time comes, the people who are caring for you won't have a clear idea of what you want. Where you want to be treated for instance, or the type of care you want or treatment you wish to refuse.

That is why in east Kent we have established a "My Wishes" register, where healthcare staff who are responsible for your care can find out the decisions you have made.

They will do their very best to ensure that your wishes are respected where possible.

What is the My Wishes register?

The My Wishes register is a record of your decisions about:

- The type of care you would like to receive as you approach the end of your life, including any cultural or religious wishes
- It may include any legal refusal of treatment you may have made in an Advance Decision to Refuse Treatment or through the appointment of Lasting Power of Attorney for personal welfare
- Your preference of where you would like to die, whether at home, in a care home, in hospital or in a hospice.

The register will also have key information about your diagnosis, your condition and the medical treatment you are receiving.

How will the My Wishes Register be used?

The My Wishes register will be used by Health and Social Care professionals who are involved in your care who will be able to view your decisions.

The information is held securely online and can be accessed only by staff responsible for your care, such as your GP, the ambulance service, community nurses, social care and hospice services.

They can access it at any hour of the day or night, so you can be confident that everyone looking after you knows what care you want.

Data from the register may also be used to evaluate the services we offer to ensure that we provide the best possible care and meet patients' needs.

Who do I talk to about My Wishes Register?

Your GP, hospice staff or others providing your care will discuss your wishes with you and input the information. They will update it as they discuss your wishes with you during your care.

- You can change it at any time you want just by letting your GP, hospice staff or another health professional looking after you know.
- The information about your care and treatment will be updated by those providing your care.
- You may wish to write your wishes and preferences in an Advance Care Plan. You can discuss this further with your GP or health professional caring for you.
- You can call the Care Navigation Centre on 01233 504133 who will be able to deal with your call at any time day or night.

What if I don't want to use the My Wishes register?

It's your choice if you want to have your details on the register. If you're not on the register, the people who are caring for you won't know your wishes, which means you may not get the care that you want at the end of your life.

Can I access the information about me on My Wishes Register?

My Wishes itself is not accessible to patients although, when your record is created, you can ask for a paper copy of the information held about you.

The healthcare professionals involved in your care may need to update our My Wishes entry periodically to reflect any change in your circumstances.

You may request an up-to-date copy of your entry from your GP or any professional who has access to My Wishes register at any time.

Will my preferences and wishes be met?

Your preferences will always be taken into account when planning your care. However, sometimes things can change unexpectedly (like carers becoming over-tired or ill), or resources may not be available to meet a particular need.