

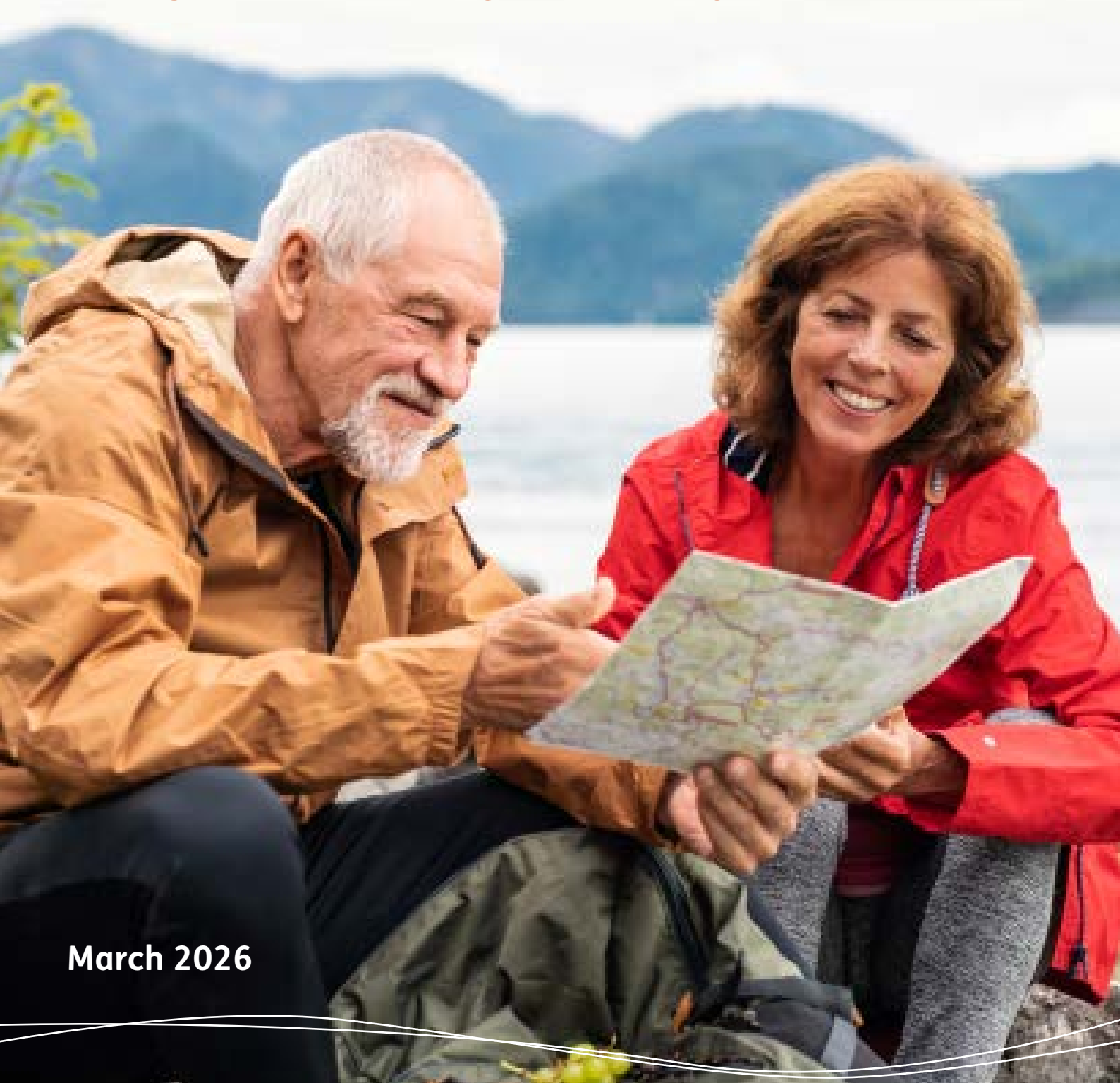
Easy Read



Comisiynydd
Pobl Hŷn
Cymru
Older People's
Commissioner
for Wales

Future Care Planning

Your guide to planning what care you want later



March 2026

How to use this document



This is an Easy Read version of: [Future Care Planning](#).



You might need help to read it. Ask someone you know to help you.



Comisiynydd
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Older People's
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for Wales

Where the document says **we**, this means **Older People's Commissioner for Wales**. For more information contact:

Website: www.olderpeople.wales

Email: ask@olderpeople.wales

Phone: 03442 640 670



Hawdd ei Ddeall Cymru
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About us



Comisiynydd
Pobl Hŷn
Cymru
Older People's
Commissioner
for Wales

We are the **Older People's Commissioner for Wales.**



We speak up for the rights of older people in Wales.



We want older people to feel valued and live a good life.

What this guide is about



This guide explains **Future Care Planning**.



Future Care Planning means thinking about and planning your care for the future.



It helps you say:

- What care you want.
- What care you do not want.



You can start planning even if you are well now. Planning early can help you feel more in control.

Future Care Planning involves:



- Thinking about your future.
- Talking about what you want to happen.
- Writing down what you want.
- Checking your plan and updating it when needed.



You can share your plan with:



- Family
- Friends
- Doctors
- Nurses
- Care staff



Sharing helps them know what support you want and do not want.



Future Care Planning is **your choice**. You do not have to make a plan, and you can change your plan at any time.



This guide gives information to help you plan.

Why Future Care Planning is important



If you become too unwell to make decisions, your plan helps others know what you want.



It tells people what matters most to you. It explains what you need and what is important.

Reviewing your plan



It is good to check your plan each year.



It is also good to check them after big life changes, like if:

- You get a new long-term illness.
- Someone close to you dies.
- You go into hospital.



Checking your plan keeps it up to date.

What Future Care Planning can include



Future Care Planning can include:

- An Advance Statement.
- An Advance Decision to Refuse Treatment.
- A Health and Welfare Lasting Power of Attorney.
- A Do Not Attempt Cardiopulmonary Resuscitation form.
- Making or updating a Will.
- Organ donation.



You will learn more about each of these in this guide.

Advance Statement



An Advance Statement is a written record of the care and medical help you want.



Your statement is personal to you. It matches your beliefs and what matters most to you.



You might want to talk to people you trust first. You could talk to family, friends, or support staff.



Anyone can make an Advance Statement. It can help if you might not be able to decide or speak for yourself in the future.



This could happen because of:

- Illness.
- Injury.
- Conditions that affect thoughts and feelings.

Writing your Advance Statement



- Use simple and clear words. This helps others understand you.
- Write the date on your statement.
- Sign it if you can.
- Ask someone to watch you sign it.
- Check and update it each year.
- Make 3 to 5 copies.
- Give copies to people who support you. Like your family, friends or carers.
- Take a copy with you to hospital.



The law and Advance Statements

By law, Staff do not have to do what you have put in your Advance Statement. But they should use it to guide your care.

What you can include

You can include anything important to you. You might want to include:



- The name of someone to speak for you.



- Your views about certain medical help.
- The type of care you want.



- Where you want to be at the end of your life and who you want with you.



- The place where you want care. Like at home, in a hospital, care home or hospice. A hospice is a place for end-of-life care.



- Your religious or personal beliefs.

- How you like to do daily things, like having a shower not a bath, or sleeping with the light on.



- Who you want to look after your pets.



You can see example advance statements online:
www.wales.nhs.uk/afcp.



Go to the section called **Advance Statement Form** to find the **ACP-A** form and the **My Life-My Wishes** form.

Advance Decision to Refuse Treatment



You might want to say no to certain medical help.



An Advance Decision to Refuse Treatment lets you do this before you need the treatment.



You cannot demand certain medical help, but you can say no to it.



Your Advance Decision to Refuse Treatment must follow legal rules. If you do it right, the law says staff **must** follow it.



You can write your own Advance Decision to Refuse Treatment if you can understand and decide for yourself.

Talking before making an Advance Decision



It can feel hard to think about saying no medical help.



It can help to speak to a doctor or nurse. They can explain different medical help to you.



They will explain what could happen if you say no to medical help.

Rules to follow

For your Advance Decision to Refuse Treatment:



- Write it in clear simple words.



- Say you understand the risks involved.

- You must sign it.



- Someone must see you sign it and sign it themselves.



- Include the date next to both signatures.

Keeping your Advance Decision up to date

It can help to:



- Review it at least once each year.



- Update it if you change your mind about what you want to happen.



- Make 3 to 5 copies.



- Give copies to people who support you. Like your doctor, family, friends or carers.

When your Advance Decision is used



Your Advance Decision to Refuse Treatment is only used if you cannot decide for yourself.



If you can decide, staff will ask you.



You can change your mind at any time.



You can see an example Advance Decision to Refuse Treatment form online: www.wales.nhs.uk/afcp.



Go to the section called **Advance Decision to Refuse Treatment** for the form and guidance.

Lasting Power of Attorney



A Lasting Power of Attorney lets someone make decisions for you.



They can decide for you if you cannot decide yourself.



An attorney is a person you choose to make decisions. They do not have to be a lawyer. They should be someone you trust.

Types of Lasting Power of Attorney

There are 2 types of Lasting Power of Attorney:



Health and Welfare

This covers decisions about your health and care.

It can include:

- Medical help
- Daily care
- Where you live



Your attorney can only make these decisions if you cannot decide for yourself.



Property and Financial Affairs

This covers decisions about your money and property.



It can include:

- Managing your bank account
- Paying bills
- Selling your house



Your attorney can start making these decisions from when you agree.



You need to fill in a form for each type of Lasting Power of Attorney. Most people choose to have both types.

How to make a Lasting Power of Attorney

To make a Lasting Power of Attorney, you need to:



- Be 18 years old or older.

- Be able to understand and decide for yourself.



- Complete the correct legal form. You can get the form from the Office of the Public Guardian.

- Sign the form yourself.



- Get your attorney to sign the form.



- Get another person to sign the form too. They check that you understand and no one is forcing you.



- Register the form with the Office of the Public Guardian. They can also explain how long the process takes. You can find their contact details later in this guide.

Getting advice



You do not always need advice from a lawyer. Advice can help if you feel unsure or your choice is complicated.



You can get the forms and guidance to make a lasting power of attorney from the gov.uk website: [gov.uk/government/publications/make-a-lasting-power-of-attorney](https://www.gov.uk/government/publications/make-a-lasting-power-of-attorney)

Do Not Attempt Cardiopulmonary Resuscitation



Cardiopulmonary Resuscitation is urgent medical help.



Doctors, nurses or trained staff use it if your heart or breathing stops. They try to make your heart beat and help you breathe again.

CPR



We call Cardiopulmonary Resuscitation **CPR** for short.

Deciding about DNACPR

DNACPR



DNACPR means Do Not Attempt Cardiopulmonary Resuscitation.



It means that you will not get CPR.



Doctors can decide this for medical reasons. They might think CPR will not work, or that it could cause you more harm.



You can also choose not to have CPR.



Talking about CPR can feel upsetting. It can be helpful to speak with a doctor or nurse.



They can explain how CPR might help you. Or when CPR might not be right for you.



It is important that staff know your views. If you cannot speak, they can think about what **you** would want.

How DNACPR works

For DNACPR decisions:



- A healthcare worker must complete a special form.



- Staff must try to talk with you about it. They should also talk with your family or someone who supports you. They might not talk about it if you have said you do not want to.



- The form becomes part of your medical record. Services like your GP, ambulance staff and hospital teams can see it.



- You will get a copy to keep.



- It is important to tell people close to you what you want to happen.



- Tell healthcare staff if you change your mind. They can then talk about it with you.

Making or updating a Will



A Will is a legal document. It says what must happen to your money, home, and things you own after you die.



A Will helps stop problems or mistakes about what you want.



If you do not have a Will, sorting things out can take longer and cost more money.



Making a Will means you do not have to worry about what happens after you die.

Writing a Will

Things to think about:



- You can write your Will yourself.



- Get advice from a lawyer if your Will is not simple.



- You must sign your Will.

- Someone must see you sign it and sign it themselves.



- Include a list of people who will get something from your Will. Say what each of them will get.



- Include a list of things you own, savings, pensions, and insurance policies.



- Include plans for children and pets.

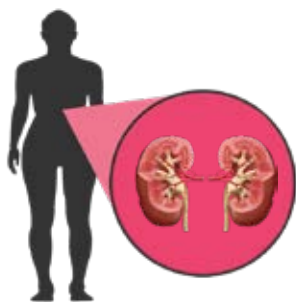


- Choose who will share out your money and the things you own. It is good to have 2 people. You can have up to 4.



- If you want to change your Will, you need to make an official change or make a new Will.

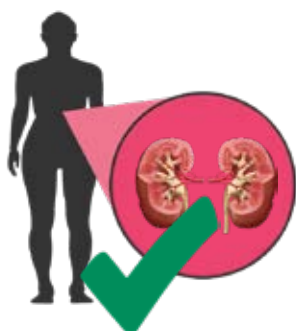
Organ Donation



Organ donation means letting someone use your organs and tissues after you die. Organs and tissues are parts of your body, like your heart, lungs and skin.



Organ donation can help save people's lives or make their health better.



In Wales, you are an organ donor unless you say no. To say no, you must fill in a form.



If you want to donate, it is important to tell your family.



A doctor or nurse might ask your family to agree to donation after you die. Telling your family what you want helps make a hard time easier for them.

Find out more

Here is where to find out more about what we have talked about in this booklet:

Future Care Planning

NHS Wales

wales.nhs.uk/afcp

advancecareplan.org.uk/resources

Being able to understand and make decisions

Older People's Commissioner for Wales

olderpeople.wales/resource/mental-capacity-an-easy-guide

03442 640 670

ask@olderpeople.wales

UK Government

gov.uk/government/publications/making-decisions-who-decides-when-you-cant

Lasting Power of Attorney

UK Government

[gov.uk/power-of-attorney](https://www.gov.uk/power-of-attorney)

0300 456 0300

Older People's Commissioner for Wales

olderpeople.wales/resource/an-easy-guide-to-lasting-powers-of-attorney

03442 640 670

ask@olderpeople.wales

Office of the Public Guardian

Helps you make and register a Lasting Power of Attorney.

[gov.uk/government/organisations/office-of-the-public-guardian](https://www.gov.uk/government/organisations/office-of-the-public-guardian)

0300 456 0300

Organ Donation

NHS

www.organdonation.nhs.uk

0300 123 2323

DNACPR

NHS Wales

performanceandimprovement.nhs.wales/functions/networks-and-planning/peolc/professionals/dnacpr/patient-and-carer-information

Older People's Commissioner for Wales

olderpeople.wales/resource/understanding-dnacpr-information-and-advice-about-do-not-attempt-cardiopulmonary-resuscitation-decisions

03442 640 670

ask@olderpeople.wales

Making a Will

UK Government

www.gov.uk/make-will/writing-your-will

Accessible formats

This document is available in different formats. Formats include:

- Large print
- British Sign Language
- Audio versions

You can contact the office to ask for a copy.