

# Planning for your care in the future

## What is the booklet about?



No one knows how long they are going to live or if they might become ill in the future.



Even though we cannot see into the future, we can still make some plans about the help we might like.



Filling out this booklet will give you a chance to think about your future plans.

This will help other people know what is important to you if you cannot tell them yourself.



If something is important, you can write it in the booklet.

You do not have to fill in every page.

You can change the things that you have written whenever you want to and add more things if you like.



You can ask someone to support you to complete the booklet.

To obtain a free copy of “My Future Wishes Plan” booklet please contact:

Patient Advice and  
Liaison Service  
(Advance care plan)  
NHFT  
Front Block,  
St Mary’s Hospital,  
London Road,  
Kettering,  
NN15 7PW

Email: [acp@nhft.nhs.uk](mailto:acp@nhft.nhs.uk)

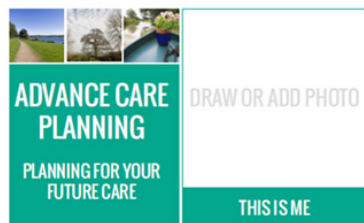
Tel: 0800 917 8504

For a downloadable  
version visit:  
[www.nhft.nhs.uk/ACP](http://www.nhft.nhs.uk/ACP)

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**NHS**  
Northamptonshire Healthcare  
NHS Foundation Trust

## My Future Wishes Plan



My name is:

These are my wishes for my future care and my care towards the end of my life

**Please respect my wishes**

**PLEASE ASK BEFORE YOU READ THIS BOOKLET**

**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**