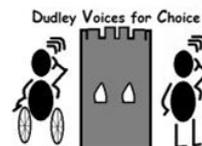


# Talking about Advance Care Planning and Coronavirus



care • compassion • kindness

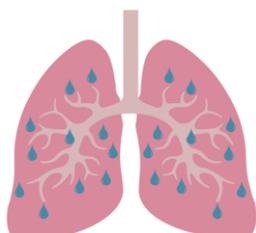


**Coronavirus** is an illness caused by a virus.



Most people will only have mild symptoms of coronavirus. This could be:

- A cough
- High temperature
- Loss of taste or smell



Some people will become very ill from coronavirus.



Most people will get better after coronavirus but some people will die. It is important for people to know what your wishes are so people involved in your care and your family know what you want. This is called an **Advance Care Planning**.



**Advance Care Planning** for end of life is a way that you can let people know your wishes and feelings while you are able to.



In Dudley we have a plan that can help you record your wishes. Its called **Planning for Future Care**. You can get this in **easy read**.



Anyone can fill in an Advance Care Plan to help them think about the future and end of life. You can speak to family members or support workers and do this together.



When you are completing an advance care plan it can be helpful to think about choices and decisions that would make you happy or most comfortable at end of life.



You should write about the important people in your life and any special belongings or pets.



Put in the plan what you like and do not like. This might be what music you like to listen to or what activities you enjoy doing.



Include any faith or religious beliefs too so we can support this when we need too.



An Advance Care Plan is **not** a legal document. It will help health care professionals caring for you know what is important to you. Advance Care Plans can be changed at anytime and they belong to **you**.



When we talk about about end of life care it can be upsetting. It will help you to have your voice heard when decisions are made about your care when you are not able to tell us yourself.



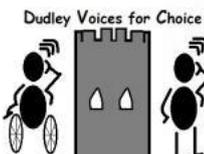
We can help you write your Advance Care Plan or speak with you and your family if you would like support. We cannot do this face to face but we can phone or video call you.



If you do complete an Advance Care Plan tell your GP and others involved in your care so they can keep a copy in your health records.



If you or someone important to you has a learning disability and would like more information on Advance Care Planning please call **Gemma Allen** at The Mary Stevens Hospice on **01384 443010** or email **[gemma.allen@marystevenshospice.co.uk](mailto:gemma.allen@marystevenshospice.co.uk)**



Our partners at Dudley Voices for Choice can be involved in video call Advance Care Planning conversations with **Gemma Allen** and **Sarah Offley**. Please contact **[dudleyvoicesforchoice@gmail.com](mailto:dudleyvoicesforchoice@gmail.com)**