

MY FUTURE WELL BEING



MY FUTURE WELL BEING TOOL

Prompts



WHAT IS IMPORTANT TO ME

My social life

Who I want to stay in contact with
 Activities and hobbies I enjoy
 Teams I support
 Groups and clubs I belong to
 My favourite books and music

Environment (these are a few of my favourite things)

Food, drinks, smells
 TV, iPad and phone
 Pets, garden
 Sounds - music/quietness
 Room temperature

My family and friends

Have I completed All About Me
 and Carer's Passport
 Who is my next of kin?
 Who should people contact in case of an
 emergency?
 Are there any unresolved family problems?

My Spiritual needs

Hope, love, meaning, values,
 peace of mind.
 Supporting me in my faith
 Significant people who help me/
 counselling
 Connection with special places

Legal Matters

Who do I trust to make decisions on
 my behalf?
 Have I made a will ?
 Have I made any advanced directives
 Have I completed a DNAR?
 Benefits
 DWP
 Appointeeship
 Lasting Power of Attorney - Health
 and Finance

My emotional needs

How to help me with:
 anxiety, fear, depression, anger and
 frustration.

 I need people to respect my cultural
 and gender choices

 Are there significant people who help
 me/support networks and counselling?

My physical needs

Do I have a GP emergency plan
 How do I respond to pain (social,
 physical, psychological and spiritual
 aspects)
 Choices about my personal care and
 carers
 Am I willing to be included in research?

The place I would like to be at the end of my life

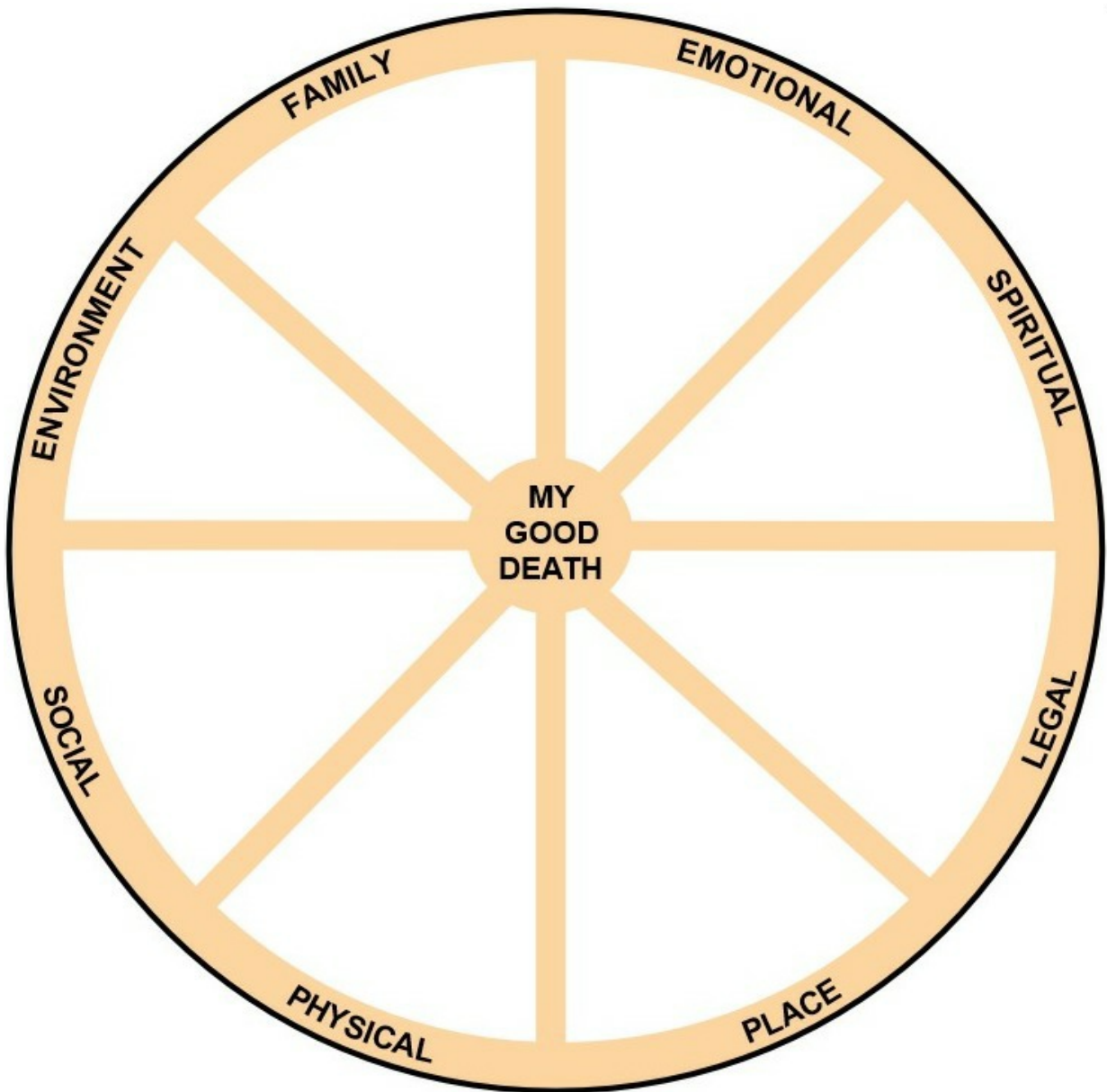
At home with support
 In a hospice
 In a care home
 In hospital
 Elsewhere
 Have I planned my funeral/celebration of
 my life?

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Start now Make plans about your future - your choices - your death



My To Do List:

- | | |
|---|---|
| 1 | 5 |
| 2 | 6 |
| 3 | 7 |
| 4 | 8 |

Date.....

Signed by.....

Witness

Copy Sent to:

GP Memory Clinic

Next of Kin

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Contacts



You can find information and forms online at www.gov.uk for benefits and lasting power of attorney, as well as information on what to do when someone dies.

See also:
<http://www.nhs.uk/Conditions/dementia-guide/Pages/dementia-choices.aspx>
<http://www.nhs.uk/CarersDirect/Pages/CarersDirectHome.aspx>
<http://www.alzheimers.org.uk/?gclid=CNK78ODq18ECFUT4wgoddd4oAuA>

If you do not have internet access, you can request Lasting Power of Attorney (LPA) forms for health and finance from the Office of the Public Guardian tel. 0300 456 0330.

You may need assistance to complete forms; please ask your local Citizens Advice Bureau.

Some of the principles in this leaflet are drawn from the “Deciding right” initiative: see www.cnnne.org.uk for more information.

Other Useful Local Support

Organisation	Contact Phone