

THATCHAM
MEDICAL
PRACTICE



**What is a
CARE PLAN
and what are
the benefits
of having one?**

Having a care plan can help you plan for the future by:

- Helping to manage changes in your health and wellbeing, or family situation.
- Having a plan for what to do if you (or your carer) become ill, or need help in an emergency.
- Telling people what you would like to be able to do.

Thinking ahead and making plans for changes in your health, gives you more say about what happens. Planning ahead is particularly important and helpful if you:

- Have a significant long-term health condition.
- Have many health and support needs.
- Are an older person and you need regular help and support.

What does a care plan involve and how is it developed?

Your Care Planning Nurse or GP will develop a personalised care plan, working with you and your carers (if applicable).

The discussion regarding the care plan can take place at the practice, or at home if you are housebound.

Information contained in the care plan can include:

- Relevant medical information; conditions, diagnosis, latest clinical observations.
- Details of medication.
- Significant past medical history.
- Emergency and next of kin contact details.
- Personal wishes and plans for care, which can include:
 - What matters to you and your family.
 - Treatments that would not work for you.
 - Treatments you do not want.
 - Preferred place of care.

How does this help you and your carers?

- A dedicated number for urgent requirements.
- Once a care plan has been agreed patients are given a copy of the care plan to keep in their home.
- With your consent, an electronic copy will be made available to the Ambulance Service and Out of Hours doctors.
- A care plan enables other healthcare professionals to see what actions have been agreed between you and your Care Planning Nurse/GP if you become unwell and unable to explain your wishes.

Reviewing the care plan

- Care plans are reviewed annually or sooner if required.
- A patient or carer can also advise their Care Planning Nurse or GP of any changes or updates that they feel could be included in their care plan.

If you think you, or a loved one would benefit from having a care plan in place please contact the practice to make an appointment with the Care Planning Nurse

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