



Advance Care Planning Training

The North West Coast Learning Collaborative (NWCLC) is a group of Hospice Education Centres in the North West of England who combined forces to use their skills, talents and enthusiasm to bid for, design, develop and deliver this Advance Care Planning package to frontline health and social care staff working in the North West of England.

It is made up of:

- End of Life Partnership, Cheshire
- St Catherine's Hospice, Preston
- Terence Burgess Education Centre at Queenscourt Hospice, Southport
- St Mary's Hospice, Ulverston
- Liverpool Marie Curie Centre, Liverpool
- St John's Hospice, Lancaster

Advance Care Planning is relevant to all health and social care professionals who work with people and their families, in any care setting. However it is also relevant to individuals working in other settings who have conversations with the public about their thoughts, wishes, expectations and preferences for the future, particularly their health, social and personal care. As a society we shy away from talking about the end of our lives, and the 5 taboo and hidden 'D's – disfigurement, disability, deterioration, dying and death.

Not talking about death and dying doesn't stop it from happening. Avoiding such discussions means that we don't give people the opportunity to discuss what is important to them. We are then left making assumptions about what they might have wanted, or guessing what their preferences might have been, and making decisions for them, in their best interests.

So talking about it is important, and in order to do so, **frontline workers need to be skilled and unafraid to have the conversation**. The conversations and decisions need to be **recorded**, and appropriately **shared**, otherwise they may not be available to help decision making at the time when a person cannot make those decisions and express those wishes and preferences for themselves.

Conversations need to be **documented**. People may want to record their own wishes and preferences informally or choose someone to speak for them, or they may choose to undertake a more formal process of documenting a decision to refuse some treatment in advance of when that decision is needed or appoint a legal proxy to make those decisions for them at the time they are needed. In order to be helpful in facilitating this process, frontline workers need to have an understanding of Advance Care Planning and all it entails, and where it fits in to the overall Future Care Planning arena which also includes Anticipatory Clinical Management Planning for predicted clinical situations and Best Interests Decisions Making for those who lack capacity and cannot make their wishes and preferences known (where they did not do so prior to losing capacity).

So, this is important for everyone. No-one knows whether or not they will be the person to whom someone chooses to divulge their wishes, preferences, important issues for the future. We all need to know about the whole process, how to have the conversations, how to document the choices and how to share them appropriately, with consent.

This programme and package are for YOU and the training is FREE to attend thanks to funding from Health Education England.

To find out about upcoming dates for this training please email education@stcatherines.co.uk or call 01772 629171.