



# St Catherine's

hospice care

photo

## My One Page End of Life Profile

My name:

Date:

How will decisions be made: who will be involved?

What is important to me...

How to support me and those I love...

What must happen

What must *not* happen

Who I have shared this one-page profile with:



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## The story behind #maxeolc one-page end of life profile: Sarah Russell and Helen Sanderson, 21st October 2016

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The #maxeolc one-page end of life profile is an informal way to start and continue end of life conversations. It is often used in conjunction with the Fink Advance Care Planning cards.

The #maxolc one-page end of life profile was designed by Max Neill in early 2016. Max developed the format because of his experience of working with person centred practices as both a nurse and a patient.

In February 2016, Max wrote on his blog site about how he had used the Fink Advance Care Planning cards in his own conversations about his end of life care. He then developed his individual format to capture his own thoughts about his end of life care, especially if he had years, months or weeks to live. Max's idea was that medical decisions were not the only things that he wanted to document or discuss. He wanted something more flexible, more personal and very simple. You can read more about his experiences here [www.peoplethinkingaction.blogspot.co.uk](http://www.peoplethinkingaction.blogspot.co.uk)

Supported by Helen Sanderson from Helen Sanderson Associates, Sarah Russell from Hospice UK, Philip Ball from St Clare Hospice, Essex and Sharon Hudson from Heart of England Trust, Max further developed his ideas onto one page. This page was coined #maxeolc to attribute the concept to Max, as well as to suggest the importance of 'maximising' end of life care.

In February 2016, Max died peacefully surrounded by his family. He had been supported by St Catherine's Hospice Care in Preston, as well as by Dr Claire Capewell, consultant in palliative medicine at Lancashire Teaching Hospitals NHS Foundation Trust. Before Max died, he wanted to leave a legacy of his #maxeolc one-page end of life profile, because it had helped him in the last months and weeks of his life.

Max's intention had never been that the #maxeolc one-page profile would replace formal advance care planning documents such as *Advance Statements*, *Advance Decision to Refuse Treatment or Do Not Attempt Cardio Pulmonary Resuscitation*. Instead it would be a way to encourage conversations about what mattered to each person and to those they cared for, as well as health and social care professionals.

### Using #maxeolc one page profile:

- Use the #maxeolc one-page profile in conjunction with Fink Advance Care Planning cards to start and continue conversations.
- Once the #maxeolc one-page profile has been completed and discussed it then identifies and encourages the use of more formal documents and processes such as advance statements, advance decision to refuse treatment, do not attempt cardio pulmonary resuscitation and best interests' decisions.
- The #maxeolc one-page profile is designed to be a stand-alone document that can be used alongside formal processes.
- The #maxeolc one page profile is an example of person-centred practice.

#### Acknowledgements:

Max Neill, #maxeolc and his family // St Catherine's Hospice Care, Preston [www.stcatherines.co.uk](http://www.stcatherines.co.uk)  
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Fink advance care planning cards are available from <http://finkcards.com/products/advance-care-planning>