



My Future, My Way

It can be worrying to think that one day we, our loved ones or friends might need care and support.

Planning ahead is hard, but it's never too early. It empowers and enables us to control the life we lead and receive the care and support we want.

We never know how our needs might change. Something unexpected may happen, we may become unwell, be diagnosed with a long-term health condition(s) or we may just need a little extra help as we get older.

There has been a consistent increase in people seeking support since 2015/16. The increase in demand has been greater among working-age adults a 12 per cent increase, and among older people a 5 per cent increase.¹

I might need care and support in the future.

Maybe you do not need help right now, but you want to ensure any care or support you may need in the future is exactly as you want it?

Do you have strong views about what you would or would not like to happen if you need care or support in the future?

Do you live alone, and you have not told anyone about the kinds of help you might want in the future?

Are you worried about the type of care or support you may receive, or that it may not be what you want?

It is important that while we can make our own decisions (called having mental capacity), we record these so that if we do need care in the future, people who are important to us, care providers and staff know exactly what we want and how we want our care and support to be delivered.

When thinking about this alone, we might not record all those little things that are really important to us and can mean the difference between good days and bad days. We might not record the type of information that care providers and staff need to deliver truly outstanding person-centred care.

A loved one or friend might need care and support in the future

Do you think a loved one or friend might need care or support in the future?

Are you concerned you do not know the type of care and support your loved ones or friends may want in the future?

Are you worried that someone you know or care about is struggling as they get older?

Do you want to make sure any future care and support is exactly how your loved ones or friends want it to be?

Having conversations about care and support is not always easy. Family and friends can become upset at the thought of a loved one needing care. Sometimes people find it difficult to have open conversations because they may be embarrassed, or relatives do not want to cause offence.

¹ <http://www.kingsfund.org.uk/publications/social-care-360/access>

What is Care and Support?

Care and support can be a mixture of practical, financial, and emotional support for adults who need extra help to manage their lives and be independent.

It may include help with personal care, meals, household chores, shopping, activities, seeing family & friends. It aims to meet people's needs and achieve the things that matter to them, which in turn promotes wellbeing.

What is My Future, My Way?

My Future, My Way is a service that helps you think ahead and record your preferences, wishes, feelings, and values for the future into a plan that is developed with you and anyone else significant in your life that you want to be involved.

It puts you at the centre of the decision-making process, supporting you to be as in control as possible about how and where you want to be supported. Allowing you to express who you are and what is important to you now and for the future.

We are all different. So the sooner we begin to record this information it can be taken into consideration if we cannot make decisions or communicate them in the future. Ensuring we receive care and support that is respectful of and responsive to us as individuals.

My Future, My Way can help:

- Ensure you receive future care that is coordinated, tailored to your needs, and informed by your choices and situation.
- Promote quality of life.
- Provide reassurance and peace of mind.
- Reduce future stress on you, your loved ones, and friends.

When should I start a plan?

Anyone at any age may benefit from having a plan. It is never too early to make a plan.

A plan can be started at any stage of a person's life, this could be after life events such as a hospital admission or decline in health or because you have experienced other people in your life needing care and support.

Who is My Future, My Way for?

- Anyone who wants to ensure any future care and support is delivered in the way they want.
- Anyone who may be worried about needing care in the future.
- Anyone who wants to make plans just in case something unexpected happens.
- People planning for the future including retirement.
- People who are elderly, housebound, isolated, or living alone
- Following the diagnosis of conditions such as (but not limited to):
 - Dementia
 - Long-term illness
 - Complex health needs
 - Deteriorating health conditions
 - Mental health conditions
 - Multiple Sclerosis
- People with social support needs
- Families and carers of individuals
- After the death of a spouse, partner, or friend.

How is my plan created?

We develop your plan through conversations and information sharing, asking key questions to help you think about what is important to you now and what you want or do not want to happen in the future regarding any care you might need.

We meet with you where you prefer (e.g. in your home or another location). We can meet with family and friends you would like involved at the same time, or we can arrange phone calls with them later if you want them involved separately.

What is included in my plan?

Your plan may include:

- Details of significant people in your life and their contact details
- Your preferences and the things that are important to you (including people, likes, dislikes. Religious or spiritual beliefs and how you like to do things e.g. a shower instead of a bath.) that care providers and staff should follow within your day to day living if you ever need care.
- Small things that are important to you but make a big difference between having a good day and a bad day.
- A record of your concerns (if you have any) and solutions about practical issues, for example who will look after your pet should you become ill.
- Wishes and views about end-of-life care (if you wish), including your preferred place of care.
- A record of your preferred actions following a decline in your health.

What happens to my plan?

Once we have developed your plan you will get:

A paper copy of your My Future, My Way plan.

This also includes information about how you could use and share your plan in the future.

A memory stick with your plan saved on.

This means you or your loved ones can electronically share it in the future.

If you choose to **update/review your plan** this is done at intervals **according to your needs**, with you and others you wish to be involved (see below).

Each time we update your plan, we keep a copy of the previous plan to **show how your needs and preferences may have changed over time.**

Who do I share my plan with?

We can advise you of who to share your plan with depending on your individual circumstances. If you wish, we can provide copies to those people, or you can let them know where you are keeping it.

My Future, My Way can reduce the burdens associated with having to share and repeat information with a lot of different people and sources. Such as:

Family & Friends

Social Workers

Home Care Providers

Extra Care Schemes

Health Care Professionals

Care Homes

If you ever need care and support, it can be a stressful time. You or your loved ones may be asked a lot of questions and need to provide a lot of information to different people (sometimes having to repeat a lot of it) for things such as:

Local Authority Care Needs Assessments

Health Care Assessments

Care Provider Assessments
(Such as home care or care homes)

Care Provider Support Plans
(Such as home care or care homes)

You, your loved ones, or friends can share your **My Future, My Way** plan with anyone. Other professionals involved should then use the information to begin developing their own assessments and care plans and you should only have to “fill in the gaps” they may have. Hopefully, reducing the times you need to share information at an already stressful time.

What other help can I receive?

As part of **My Future, My Way**, if you do need care and support in the future, we can provide you with information about the care providers that you are looking at and support you and your family/friends to make informed decisions about the providers of your care.

We can also connect you with other professionals that offer bespoke document and form preparation services. This may be to support you to claim benefits or apply for Lasting Power of Attorney or for will writing services.