



Future Care Planning in the Bay of Plenty

Also known as Advance Care Planning

A Future Care Plan helps people identify their personal beliefs and values, understand current and future health status, treatment and care options, and then incorporate them into a plan for future health care. It describes what matters to the person, as well as the health care and treatments they want at the end of life. A *future care plan* helps whānau/family and the healthcare team make decisions about care *if the person can no longer tell them what they want*. It's developed through a process of discussion and shared planning between the person, their family/whānau and health professionals.

It's not that easy to talk about death and dying but it's important that we do. *Future Care Planning* encourages conversations about what's important for the patient and helps them achieve a sense of control. It also engages others in the process so they can understand the person's wishes. It can provide reassurance about what's to come.

Having a *future care plan* will:

- Help reduce anxiety about what the future might hold
- Let whānau/family know about the person's choices
- Provide comfort for loved ones looking back and knowing that wishes were honoured
- Enable the healthcare team to provide care in accordance with the person's wishes
- Build a closer relationship between the patient and their healthcare team
- Help reduce any potential anguish and conflict at the time

Bay of Plenty District Health Board's Annual Plan for 2017/2018 proposes the following goal for *Future Care Planning* -

- To increase the use of *Future Care Planning* in targeted populations and strengthen community awareness about its value.

Measures include:

1. A network of clinicians who are trained at Level 2 in *Future Care Planning* throughout the BOP health system by 30 June 2018.
2. 50% of targeted populations have submitted *Future Care Plans* to BOPDHB

The targeted populations are people with longterm conditions in the care of Respiratory, Renal, Cardiology, Health in Ageing and Palliative Care Services, as well as people being referred for home and community support services and aged related residential care.

Conversation starters, firstly from Atul Gawande (author of Being Mortal)

We need to know:

1. What is your understanding of where you are and of your illness?
2. Your fears or worries for the future?
3. Your goals and priorities?
4. What outcomes are unacceptable to you? What are you willing to sacrifice and not?

And later,

5. What would a good day look like?

Also check out the Serious Illness Conversation Guide at <https://www.ariadnelabs.org/wp-content/uploads/sites/2/2015/08/Serious-Illness-Conversation-Guide-5.22.15.pdf>

To access plan templates:

- Go to <http://www.bopdhb.govt.nz/media/60248/my-future-care-plan2.pdf> for My *Future Care Plan*
- Go to <http://www.advancecareplanning.org.nz/resources/> for the Advance Care Plan
- Contact Ellen Fisher on 027 550 7268 or at ellen.fisher@bopdhb.govt.nz

To share completed *Future Care Plans*:

In the Eastern Bay of Plenty:

- Patients take a copy to their general practice
- Practice keeps a scanned copy then either:
 - o Sends a copy by e-referral to Health Records Whakatane
 - o Or faxes it to Health Records on 07 306 0712

In the Western Bay of Plenty:

- Patients take a copy to their general practice
- Practice keeps a scanned copy then either:
 - o Sends a copy by e-referral to Health Records Tauranga
 - o Or faxes it Health Records on 07 571 3179

For more information, check out the Advance Care Planning (ACP) website at

<http://www.advancecareplanning.org.nz/>.

Talk to your colleagues who have already completed ACP training

Complete the online self-assessment and Level 1 Modules then register for the Level 2 Practitioner Training at <http://www.advancecareplanning.org.nz/healthcare/resources/index-training.html#tab2>

And finally, some words from Heather Robertson, Hauora Tairāwhiti



“Having an Advance Care Plan makes everything much less stressful for those who may be asked to make decisions on behalf of their loved ones. It’s a gift to our family that we can share with them now.”