

Let's think ahead



# Anticipatory Care Planning

## What you need to know





## What is Anticipatory Care Planning?

Anticipatory Care Planning is about thinking ahead and understanding your health. It's about knowing how to use services better and it helps you make choices about your future care.

Planning ahead can help you be more in control and able to manage any changes in your health and wellbeing.

Many people with long term conditions or chronic health problems can benefit from having an Anticipatory Care Plan.

Your Anticipatory Care Plan is not legally binding in any way, completing it is voluntary and it can be updated at any time to reflect changes in your thinking or circumstances.

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### My Anticipatory Care Plan

Healthcare Improvement Scotland

Scottish Government  
Rìghdhalas na h-Alba  
gov.scot

### Remember:

- health and social care professionals can advise and help you with your Anticipatory Care Plan
- it's a good idea to take your Anticipatory Care Plan to hospital or any appointments you may have, and
- it's your choice whether or not you want to complete an Anticipatory Care Plan.



### When should you have this conversation?

It's a good idea to plan and think ahead early. You don't have to be unwell to think ahead and discuss your Anticipatory Care Plan. People get the biggest gains in improving their quality of life by planning ahead early.





## Thinking ahead

### What matters to you?

It is important to think ahead about how you would like your life to look in the future and what you and others can do to help you. Having a plan in place well in advance can help. This may include such things as decisions about care, treatments and how you can manage your money. Doing this ensures that everyone involved in looking after you, including doctors, care workers and the people closest to you, take account of your wishes about your ongoing care.

No one knows when their health may change, and having a plan in place helps you to remain more in control. This is called an Anticipatory Care Plan. It is about thinking ahead.



## Who matters to you?

Sharing your thoughts and talking to the people who matter to you can help to shape the right plan for you. Involving important people in your life makes sure that:

- you have a voice in your care at all times, and
- your family, friends and anyone you wish to share your plan with are aware of what is important to you.

## Why does this matter to you?

By taking more control of your health and planning ahead:

- you can be better informed about your health and any medical conditions
- you can be better prepared for everyday challenges
- you can be better supported when needed, and
- you can manage your money and property.



## Next steps

### Think about:

- what is important to you and what makes your life good
- where you would like to live and be supported
- what care and treatment you would like to receive, and any care and treatment that you would not like, and
- your affairs, finances and property.

### Learn about:

- information services
- services that can help and support you
- getting extra support from the people who matter to you
- treatment and care options
- legal and money matters
- a number of Anticipatory Care Planning documents that have been developed for use across Scotland and are available from your GP practice or the website [myacp.scot](https://myacp.scot), and
- the My Anticipatory Care Plan “Let’s think ahead” App that is available for download free of charge from the App Store.

## Think about talking to:

- people who are important to you such as family and friends
- people who are involved in your care such as your GP, nurses, social worker and therapists, and
- people who can help with your affairs such as an advocate, solicitor or voluntary organisation.

## What to do with your Anticipatory Care Plan:

- take it with you to your GP, nurse, hospital or other appointments, and
- it's a good idea to let people know you have an Anticipatory Care Plan.



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**Edinburgh Office**

Gyle Square  
1 South Gyle Crescent  
Edinburgh  
EH12 9EB

**0131 623 4300**

**Glasgow Office**

Delta House  
50 West Nile Street  
Glasgow  
G1 2NP

**0141 225 6999**