



## What happens next?

Your health and social care professional will record your discussion into a plan and you will have the opportunity to see it.

This plan can then be shared with the health and social care professionals who may be involved in providing future treatment and care for you. This will help you get more joined-up care and decreases the need to have repeated conversations.

You will be provided with a copy of the plan for your records.

### Other information sources

[www.nhsinform.scot](http://www.nhsinform.scot)



## How is your data protected?

- Your data is kept securely.
- Only health and social care professionals involved in your care have access to it.
- You can change your plan at any time.
- Please make sure you keep your plan safe as it contains your personal information.

### Contact

Contact your health and social care professional if you have any questions or concerns on:

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# Anticipatory Care Planning



## Planning for your future care

An information leaflet for patients



## What is Anticipatory Care Planning?

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**Anticipatory Care Planning (ACP)** is a conversation that allows you to consider and discuss the types of treatment and care that would or would not be acceptable to you in the future.

Together with the health and social care professionals that know you best, it is possible to discuss, agree and plan the types of treatments and care that would be right for you.

This helps you, your family, carers, legal proxy, and health and social care professionals involved in your care to know what treatments would be right for you if your health worsens.



## What should you cover in the conversation?

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Every conversation is different. However, there is a guide that health and social care professionals use which support the conversations.

### Topics to consider:

- Are you ready to talk about your health and care?
- What are your expectations around your health and care?
- Questions or worries about your health and care diagnosis.
- Identifying what is important and matters to you.
- Agreeing what actions to take if your health condition changes.
- Sharing your plan with your families, carers or professionals involved in your care.

You can change your plan at any time.



## When should you have this conversation?

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These conversations can be extremely difficult to start, but they are important and helpful. You can have this conversation at any time however there are times when you might find it particularly useful. For example:

- you get a new diagnosis
- an existing condition gets worse, or
- something significant changes in your life like you move into a care home.

