

## What is Advance Care Planning (ACP)?

Advance care planning is a voluntary process of person-centred discussion between an individual and their care providers about their preferences and priorities for their future care, while they have the mental capacity for meaningful conversation about these. These are likely to involve several conversations over time and with due consideration to the person's wishes and emotions at all times and whoever the person wishes to involve. It's about helping them to live well, right to the end of your life.

In Wales, advance care planning can also be called future care planning.

### \*Types of ACP (1)

#### 1. Advance statement:

This is a record of the person's wishes, preferences and priorities about their care. It may include information on their preferred place of care and death or nomination of a named spokesperson. This document is not legally binding.

#### 2. Advance decision to refuse treatment

This is a legally binding document which records any treatment that a person does or does not want to receive under specific circumstances.

#### 3. Nomination of a Lasting Power of Attorney (LPA)

The power of attorney is someone legally empowered to make decisions on behalf of the person should they not have the mental capacity to do so.

#### 4. Context-specific treatment recommendations such as do not attempt cardiopulmonary resuscitation (DNACPR), Recommended Summary Plan for Emergency Care and Treatment (ReSPECT), Treatment escalation plans (TEP) and other local tools.

\*Documents may differ across devolved nations. Check your local guidelines to guide discussions.  
*Hyperlink documents to website (check with EG)*

### Reference:

1. Universal Principles for Advance Care Planning (ACP). 2022 Sep.