

Advance Care Planning

In 5 easy steps



1 Think

Take time to reflect on what matters most to you as you approach the later stages of life. Consider your values, beliefs, and the people who understand and support you best.



2 Talk

Speak openly with those you trust about your wishes, hopes, and any fears or concerns. These conversations help your loved ones and care team support you in the way you want.



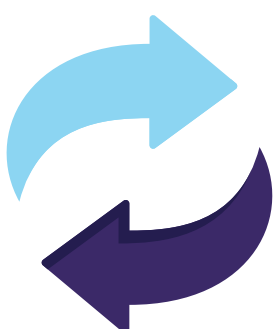
3 Record

The Pendleside team can help you write down your preferences in a format that suits you best. This can include decisions about care, comfort, and the kind of support you want.



4 Share

If you choose, your plan can be shared with family, friends, and your healthcare professionals. Sharing helps everyone understand and respect choices you have made about your care.



5 Review

Your plan is yours — and it can be changed whenever you like. As life changes, so can your wishes. You are always in control and the Pendleside team is here to support you, every step of the way.

If you wish to learn more about Advance Care Planning, please contact the Pendleside Hospice team on **01282 440 100**