



University Hospital  
Southampton  
NHS Foundation Trust

# Advance care plan

Live for today, plan for the future



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## **An advance care plan is a record of your thoughts and wishes about your medical treatment and care in the future.**

Filling in an advance care plan can help you to:

- talk to your medical team or GP about how your health and care may change
- think in advance about different options for your care
- explore any questions or worries you may have
- talk to friends, family and carers about the future
- make your needs and wishes known

Writing an advance care plan can also help you cope with uncertainty, helping you to 'live for today and plan for the future'. It is a way of telling others your wishes for your care if you become very unwell in the future and are unable to tell them yourself.

An advance care plan is not legally binding. Writing your advance care plan is optional, and as with any type of plan, your views and wishes may change over time. Your medical team will review your plan regularly with you and update it according to your health needs and wishes.

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