



Advance Care Planning

Some work has started to look at Advance Care Planning and would benefit from input from carers. Jessica Tomlinson, Public Health Support Officer, is leading on this work.

Aim of the work

To increase the number of Advance Care Plans (ACPs) for people living with dementia in Nottingham and Nottinghamshire.

What is an Advanced Care Plan?

Advance Care Plans support people with dementia to ensure that their wishes are honoured should they lose capacity to make decisions about their own care and support. They also support carers by having a written record they can refer to, to ensure that the person they care for receives care in their best interests. Plans can also help to identify ways everyone can support someone to live well with dementia. Plans can be revisited and updated at any time.

What tasks would we like carers to help with?

To co-design:

- Training materials for professionals to help them have good conversations with people about ACPs.
- Information for people with dementia and their carers with the aim of raising awareness of, and confidence in, Advance Care Planning

Also, to look at:

- The draft Advanced care plan that has been produced as she would like to know if this works or is missing something.
- How we support people if the advanced care plan is recorded digitally on an app such as Patient Knows Best

How long will the project take?

The project is funded until the end of October 2022 but the tasks above to be completed by early August 2022 so they can be shared.

How can carers get involved?

This is dependent on the carers who want to be involved and what works for them. There is a Task and Finish Group which has met twice so far, meetings are held on the third Wednesday morning of each month. The meetings are online on MS Teams. We would welcome carers joining. The group consists of a broad range of professionals: GPs, a Dementia Specialist Nurse, District Nurse, Geriatric Consultant, a representative from Nottinghamshire Carers. The group works from feedback collected from previous engagement with people with lived experience as well as insight from professionals working directly with people with dementia and people who care for them.

However, if people can't make this time commitment or would feel more comfortable, Jess is happy to speak to people separately (individually or as a group) on the phone or via email. She is happy to talk to people about what works best for them.

Contact Jess on jessica.tomlinson@nottsc.gov.uk