



# Your life *Your choice*

## Exploring your options.

**Identifying who  
you would like to  
be consulted  
on your behalf.**

## Planning for your future care.

**Letting people  
know your wishes.**

**There may be a time in your life when you start to think about your future care, this could be for many reasons or simply because you like to plan.**

What are the important things you would like those caring for you to know and what you would want to happen?

A way of making people aware of your wishes is care planning, your GP can broach this with you now or alternatively, you can revisit later.

**Your GP can broach with you:**

- DNAR (Do not attempt resuscitation)
- EHCP (Emergency health care plan)
- Ceiling of care (predetermined care deemed appropriate in line with your wishes)

If you would like more information, please contact the reception team on **01845 523157** to make an appointment with a GP.

**Prior to the appointment you may wish to discuss this with a family member and are welcome for them to accompany you to your appointment if required.**

[www.lambertmedicalcentre.co.uk](http://www.lambertmedicalcentre.co.uk)