

Making plans for your future health and social care

Documenting what is important to you about your future care is called Advance Care Planning.

Sometimes it can seem hard to know where to start. So, in **Lancashire and South Cumbria** we recommend that you start your care planning journey by using MyWishes.

Once you have created an account and **added your postcode**, you will be guided through some important things to think about and how you can document your preferences and wishes.

After completing your **Advance Care Plan**, we encourage you to discuss it with the professionals caring for you. You can provide a copy to your GP (by emailing it to them or printing it out and giving them a paper copy- check with your GP practice which they prefer).

This document will be added to your GP medical records. This should help conversations with primary care practitioners when discussing ‘what matters most’ to you.

Everything on MyWishes is free to use. Other services include:

Writing your Last Will & Testament, documenting your Funeral Wishes (and curating and your Funeral Playlist), making plans for your Online Accounts (social networks, photo storage etc.) within a Digital Will, creating a Bucket List and leaving goodbye messages to be published in the future.

Start your care planning journey at: www.MyWishes.co.uk

