

If you were suddenly
taken very ill, how
would they know...



Think ahead, plan ahead, share your wishes

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There may be times in your life when you wonder about what would happen if you were to become seriously ill.

It may be at a time of ill health or as a result of a life-changing event. It may simply be because you are the sort of person who likes to plan ahead.

Planning ahead can help you, your partner, friends or relatives and your doctor know your wishes, just in case something unexpected happens.

Not everyone will choose to have a conversation like this and that is fine. However, talking about your wishes and planning ahead means you can make sure that what is important to you is known by the people who care about you. They can also help you to make decisions about concerns or practical issues.

Planning ahead can improve patient and family satisfaction in the care they receive and may reduce stress and anxiety amongst those who are important to you.

It can help to write down your wishes and preferences for future care and treatment.

*Plan for tomorrow -
live for today*



Is it time to share your wishes?...



If you would like to know more about this...

- speak to your nurse or doctor,
- take a look at the leaflets and booklets in the Leeds Cancer Information Centre (Level 1, Bexley Wing, St James's University Hospital).

... start a conversation

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