

If you were suddenly taken very ill with Coronavirus, how would those involved in your care know.....



What you would want in relation to care and treatment?

What is important to you?

What things you wouldn't want to happen e.g. would you want to be resuscitated?

Who to contact including who you would want to speak on your behalf if you were unable to?

The Coronavirus pandemic causes us all to consider what we may want should we become unwell. It is important to understand that for most of us this is a mild illness, but unfortunately for some of us it is much more serious. With that in mind, it is time for us all to think about what we want should we become ill. "Hope for the best, but plan for the worst".

How can those involved in your care help?

- **Think About It** –you may have already been “thinking about” what is important to you in these uncertain times. Those looking after you may also be thinking about what you would want them to do, if you became unwell.
- **Talk About It** – take time to talk to those involved in your care about what is important to you. Where would you like to be cared for? What would you want to happen, or not happen if you became unwell? Who would you like them to contact? It is also important to discuss this with your family and those close to you so they understand what your priorities are if you become unwell.
- **Record It** – you may wish to write down your thoughts about how you want to be cared for, or those that care for you might suggest that your wishes are recorded in an Advance Care Plan. Your will remain involved in decisions about your care and treatment, and you will still be able to change your mind . Recorded information will only be used if you are unable to make decisions for yourself.
- **Share It** - With your consent, the discussions that you have will be shared with others involved in your care e.g. Ambulance or Out of Hours Services. You should also tell your family about where any written information can be found.