



Child and  
Young Person's  
**Advance Care Plan**  
Collaborative  
[www.cypacp.uk](http://www.cypacp.uk)

# Advance Care Planning

**This leaflet is for children and young people who have conditions that make them seriously unwell.**

**It explains what a Child & Young Person's Advance Care Plan is and what it means for you.**

## What is a CYPACP?



An Advance Care Plan is a document that captures your hopes, wishes and what matters the most to you for current and future care. It helps you, your family and the whole team of professionals looking after you to discuss options and prepare for when you become unwell.

## How does it work?

Everyone who plays an important role in your life and care can be involved in helping you to think about what you would like to plan for. It records what you and your family would like to happen if you become very unwell, either over time or if you have a sudden illness.



All the people looking after you - even those who might be called in an emergency - will have a copy of your plan. This means that everyone has clear information about your hopes, wishes and needs, and will put these at the centre of your care.

## What does the process involve?

The first thing to think about is whether the time is right for you to start thinking about plan. It is easier to think about this whilst you are well. You don't have to complete it all in one go.



If you have any questions, you can talk to any member of your healthcare team. They will listen and try to answer all of your questions and concerns as fully as they can.



You may also want to talk through the plan with your parents, family, friends or your religious advisor.

You might also want to have some of these people with you when you next talk to your doctors. Whether you know exactly what you would like in your plan or are unsure about parts of it, a member of your team will work with you to create a plan that feels right for you in your own time.

## What happens when the plan is agreed?

Once you have agreed your plan you and your doctor can sign it and, if needed, your parent(s).



You can review your plan at any time.

Your health care team will want to review your plan regularly with you to make sure that the document is still right for you, and meets your hopes and needs. If these change over time, you can always talk to one of your care team and edit the plan if needed.

**Your Advance Care Plan is a document that captures your hopes, wishes and what matters the most to you for current and future care.**

## Where you can find further help and information

### Together for Short Lives

[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)

### Child Bereavement UK

[www.childbereavementuk.org](http://www.childbereavementuk.org)

### Special child

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

An online book written by a mother who could not find the information that she needed when she needed it.

### Contact

[www.contact.org.uk](http://www.contact.org.uk)

Your parents can talk with other parents who are in a similar position through the contact a family scheme.

Each hospital has a Patient Advice and Liaison Service (PALS)