



Future Matters Case Study: Mark

Mark is in his early sixties and now semi-retired. He is married with two adult children and lives with his wife who suffers from a chronic condition.

He had heard of the Future Matters Volunteer project and was keen to think about and sort out any planning for his future and end of life as he didn't want to place any burden on his family. He requested an appointment with a Future Matters volunteer to get more information and support.

"I had an appointment with Mark and we discussed all the ways he could make plans" says Jackie, Future Matters Volunteer. "He had already made a will and had heard of powers of attorney and Advance Care Planning (the new name for living wills) but didn't know enough to get started"

Jackie and Mark discussed Powers of Attorney and how to get them in place and they had a long conversation about Advance Care Planning.

A Lasting Power of Attorney (LPA) is an important legal document that enables you to choose a person to make decisions on your behalf should you be unable to make or communicate decisions yourself.

An Advance Care Plan is where you express your wishes, preferences and priorities for care at the end of your life. It helps your family, friends and the professionals involved in your care to understand what is important to you. It can cover issues around where and how you would like to be cared for if you become unwell, what treatments you would want or not want to receive but also how would you like your days to look and sound e.g. flowers, pictures, photos, music, TV, radio... It can cover any issue that is important to you.

"I'd never even thought about all these issues" said Mark "but how can I leave it to my family to make crucial and difficult decisions for me at a time which might be very difficult for them? I don't want to leave them with that burden".

With the help of Jackie, Mark worked through what was important to him and wrote down his wishes in an Advance Care Plan. He has shared it with his family, given it to his GP and feels he can now just get on with the business of living in the present, confident that his plans are in place and his family is protected.