

Advance Care Planning (ACP)

This leaflet explains more about advance care planning. If you have any further questions, please speak to a doctor or nurse caring for you.

What is Advance Care Planning?

Advance care planning is a voluntary process which gives you the opportunity to establish what plans you want to make for your future care, often in discussion with a healthcare professional. Whatever stage you are at in life, it can be helpful to plan for the future. If you were to become very unwell and unable to make decisions for yourself it is useful for anyone making decisions for you, to understand what is important to you and what your wishes are.

Your wishes may change or evolve overnight, ACP is a flexible process so details can be reviewed on a regular basis and any changes made when necessary.

What is included in ACP?

- What makes you “you”, details your personal goals, wishes and discussions around where you would want to be cared for if you were less well
- Decisions that may need to be made about your care in the future such as medical treatments, including discussions around cardio-pulmonary resuscitation (CPR), admissions to intensive care, continued treatment of infection and giving foods/fluids via a tube or drip if you cannot eat and drink for yourself
- Advance decision to refuse treatment (ADRT) – a legally binding document to highlight any treatments or interventions you might want to refuse in the future
- Establishing a Lasting Power of Attorney (LPA)
- Writing a Will
- Corneal, tissue and organ donation

Universal Care Plan (UCP)

In London we use the Universal Care Plan to record your ACP wishes, this is an electronic record that can be accessed by emergency services, GP practices,

community services and hospital clinicians. UCP is a digital care plan based upon what matters most to you.

With your consent, a care plan can be created following a conversation between you and your healthcare professional (such as a doctor or nurse). This is an evolving process and the care plan can be updated at any point if your wishes change. You can view your care plan in your NHS app.

Useful sources of information

Macmillan Cancer Information & Support Centre, St George's Hospital [Macmillan Cancer Information & Support Centre - St George's University Hospitals NHS Foundation Trust](#)

Macmillan Benefits Advice Service (Citizens Advice Wandsworth) 02070420332 Mon to Fri 9-5 or enquire online here: [Macmillan Benefits Advice Service - Citizens Advice Wandsworth](#)

Marie Curie <https://www.mariecurie.org.uk/document/planning-ahead-checklist>

Marie Curie free Will writing service [Marie Curie Will and free Will-writing | Marie Curie](#)

Macmillan [Advance care planning | Macmillan Cancer Support](#)

NHS ADRT [Advance decision \(living will\) - NHS](#)

Organ Donation [Home - NHS Organ Donation](#)

Tissue and corneal donation [Tissue and eye services - NHS Blood and Transplant](#)

Universal Care Plan [Patients – Universal Care Plan](#)

Contact us

If you would like to know more information about advance care planning, you can speak to:

- Your healthcare team
- Specialist palliative care team
- Specialist nurse
- GP

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help quickly but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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