

# Planning for the Future

Do you ever think about the future and how you would like to be looked after when you become unwell? What you would and wouldn't want to happen? Here are some things you might want to think about or put in place now to help both you and anyone supporting you.

There are many online links for more information but if you'd like a hard copy please ask a professional who is supporting you.

## FOR YOU

- [Applying for Benefits – Disability allowance](#)
- [This Is Me / All About Me](#)
- [Lasting Power of Attorney \(LPA\)](#)
- [OK To Stay Plans](#)
- [Planning Your Hospital Discharge](#)
- [Planning for a care home](#)
- [Do Not Resuscitate \(DNR\)](#)
- [Advanced Care Planning](#)

## FOR PEOPLE WHO SUPPORT YOU

- [Inform Your GP that You Care for Someone Else](#)
- [Applying for Benefits: Carers Allowance](#)
- [Register with the Sheffield Carers Centre](#)
- [Carers Assessment](#)
- [Planning for an emergency](#)

## FOR YOU

### Applying for Benefits – Disability allowance

If you have a physical or mental disability you maybe entitled to an allowance which helps with extra costs of having this disability and to help you live more independently. These include: Attendance Allowance, Personal Independent Payments or Disability Living Allowance.

Support in applying for benefits:

Age UK Sheffield - Call: 0114 250 2850

Citizens Advice Sheffield Call: 0808 278 7820

### This Is Me / All About Me

It is really good for people in health and social care to understand who you are and what you need so that they can keep you well and treat you the way you would like to be treated.

By filling out either the [This Is Me](#) or [All About Me](#) form it can help anyone supporting you as it tells them more about you and your likes and dislikes.

## Lasting Power of Attorney (LPA)

LPA can help people who may need someone to act on their behalf. Two types:

- **Financial decisions** - Such as paying bills, arranging repairs to property or even selling a property. You could decide that you want help now or decide that you only want help if you can no longer make these decisions for yourself (capacity).
- **Health and care decisions** - For instance where you should live, medical care, what you should eat, etc. This can only start if you can no longer make these decisions for yourself.

When: Best set up whilst you can make decisions otherwise it can be much more complicated to put into place.

How:

- Yourself - [For online information](#)
- Age UK Sheffield - offer a free 30min advice session with a solicitor. Call 0114 250 2850 or [For Information](#)
- Sheffield Carers Centre - offer a free 30min advice session with a solicitor. Call 0114 272 8362 (10am to 4pm) or [For Information](#)
- Citizens Advice Sheffield - [For Information](#) or call 0808 278 7820 (10am to 4pm)

## OK To Stay Plan

OK To Stay Plans help prevent unnecessary hospital admissions and keep you at home if you would prefer this. The Okay to Stay Plan has been designed to help patients with long term conditions to stay well at home, by making and sharing a plan for what to do if your condition worsens. If you do have to go into hospital it helps health professions know what you need to return home and how to keep you well. [For Information](#)

How: Talk to your GP if you'd like one of these. NOTE: Not every GP will be aware of these but they can refer you to Age UK Sheffield to have one created.

## Planning Your Hospital Discharge

Also known as Discharge 2 Assess. If you do need to go into hospital before you are discharged ask for a Discharge 2 Assess. They will assess everything you need to be able to return home before you are discharged from hospital. This might include adaptations to your home and support from carers or physiotherapist. [For information](#)

## Planning for a Care Home

Many people with dementia will stay at home throughout their dementia journey but staying in a care home can also be a very positive experience for some people. So, it can be useful to chat about this as early as possible. You can decide what would be important to you and maybe even visit a few homes to get a feel for them.

Sheffield City Council has produced a good guide to help you with this: [Guide to residential and nursing care in Sheffield, Winter 2021-22](#)

## **Do Not Resuscitate** (also related to CPR)

This is about making your end-of-life preferences and deciding whether you would like a resuscitation attempt made if this was needed to restart your heart. If you decide you do not want a resuscitation attempt made your doctors and nurses will still continue to give the best possible treatment available for your comfort and quality of life.

Here is a very useful guide from Sheffield Teaching Hospitals: [For Information](#)

**When:** Discuss this as soon as possible if this appropriate. It is best done now rather than at a time of emergency where you might feel pressured to make a decision. If you would like someone who supports you to make these decisions on your behalf will need a LPA in place before they can do this.

**How:** Tell your healthcare team / GP what you would like. They must follow your wishes.

Who else can I talk to about this?

- A member of staff involved in your care
- Your family, friends & carers
- Organisations – such as Age UK Sheffield, Alzheimer’s Society  
Call 0333 150 3456 (FREE) or [For information](#)
- NHS 111 helpline
- Citizens Advice Bureau - call 0808 278 7820 (10am to 4pm) or [For Information](#)

## **Advanced Care Planning**

Thinking more about the advanced stages of dementia can be useful so that you can decide what you would like or not want:

- Finding out the different options available
- Is there anything that you would definitely not want to happen?
- Is there something you feel strongly about?
- Does you have any beliefs you want respected?

There is also a useful NHS guides to Planning For Your Future Care [For Information](#) and on End of Life Care [For Information](#)

# **FOR PEOPLE WHO SUPPORT YOU**

## **Planning for an emergency**

If you ever have an emergency you might want to have information already available to others so that the person you are supporting continues to be supported whilst you cannot do so. This might include key people who care for them, what their physical needs are and what are their preferences. Here is a good form you can fill in now: [Plan for an Emergency | Sheffield Carers Centre](#)

## Inform your GP that you care for someone else

By informing your GP that you are a carer they will be better able to understand that you have this responsibility and be able to guide and support you with this responsibility in mind.

## Applying for Benefits: Carers Allowance

If you spend 35 hours a week or more supporting someone you maybe entitled to a benefit to help cover some of the extra costs. This could be for washing and cooking, taking the person you care for to a doctor's appointment or helping with household tasks, like managing bills and shopping. For information: [Carer's Allowance - GOV.UK](#) and [Carer's allowance | Age UK](#)

Support in applying for benefits:

Age UK Sheffield - Call: 0114 250 2850

Citizens Advice Sheffield Call: 0808 278 7820

## Register with the Sheffield Carers Centre: Call 0114 272 8362

Sheffield Carers Centre is a key organisation who can help to support you whilst you are supporting your person with dementia. They offer:

- Carers Assessment (see next section)
- Carers Card: which gives you discounts in hundreds of places across Sheffield [Carer Card | Sheffield Carers Centre](#)
- A newsletter to help keep you connected with any support which may be of benefit to you
- A support line for any advice you might need around caring Call 0114 272 8362 or [Carer Advice Line | Sheffield Carers Centre](#)

To Register with them: Either discuss this with a professional already supporting you such as a Dementia Worker, someone from Age UK Sheffield or a social worker and they can refer you or you can register yourself online: [Register With Us | Sheffield Carers Centre](#)

## Carers Assessment

You are all legally entitled to a Carers Assessment to assess your needs so that you can continue to offer care to your person. It assesses areas like:

- Your physical, emotional and social wellbeing
- Any other caring roles you have as well as your main one
- Employment/Education/Training needs
- Your finances, including benefits
- Information/Advocacy/Advice
- Breaks from caring/time for yourself

When: Now. There is a usually a long waiting list to be assessed

How: via Sheffield Carers Centre on 0114 272 8362 (10am to 4pm) or [For Information](#)