

**If you found that you were unable to share your wishes, who would know your personal preferences and choices for care?**

# **ADVANCE CARE PLANNING IT'S TIME TO TALK**

**Not talking about the future can make it harder to provide you with the care you would want and can be difficult for your loved ones if they need to make decisions for you.**

**Sharing your thoughts about the future has been shown to help you as an individual and the people who love and care for you, Yet, over 75% of people do not have an advance care plan**



**For more information please pick up a leaflet or ask to speak to one of the Occupational Therapists working at the surgery**

