



Your guide to Emergency Health Care Plans

Introduction

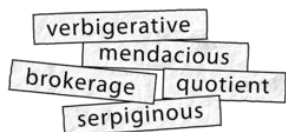
This guide is to give you information about Emergency Health Care plans.



It should answer your questions about Emergency Health Care Plans.



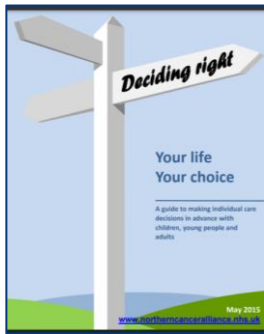
There are some difficult words in this guide. These are in **bold**. They are explained at the back of this guide.



This guide was co-produced by Inclusion North's Stop People Dying Too Young Group, the North East and North Cumbria Learning Disability Network, the NHS North East and North Cumbria Clinical Networks and the Integrated Care System.



What is Deciding Right?



Deciding Right is a guide for working with people with a learning disability to help people make decisions.



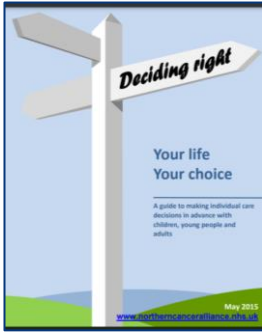
Deciding Right says that you should be involved in making decisions about your care and treatment.



It is about making decisions now and in the future. This is called shared decision making.



Deciding Right says it is good to have an Emergency Health Care Plan.



Deciding Right looks at all of the different ways decisions can be made.



Things like

- The **Mental Capacity Act**



- **Best interest decision making** when a person is not able to make their own decisions



- Decisions about what should happen in an emergency



- **Advance Statements**



- Making decisions about **refusing treatment** in the future



- Decisions about **resuscitation**



What is an Emergency Health Care Plan?

An Emergency Health Care Plan is a type of care plan.



It has information about you in.



It helps the health team look after you if there is an emergency because of your health condition.



An emergency might be something like your health condition suddenly getting worse or changing.



It can also give people information about what needs to happen once you are feeling better.



An Emergency Health Care Plan is useful for lots of reasons.



- It can give you peace of mind



- It is about thinking about the future



- It is done before an emergency happens so people know what to do

What about other types of emergencies?



- An Emergency Health Care Plan can only help if there is an emergency with your own health



- For any other type of emergency, there are other plans that can be put in place



Who writes an Emergency Health Care Plan?



The Emergency Health Care Plan is written by a **Health Care Professional** who knows you well.



It should be a joint effort. This is a list of the people who should be involved.



- You, if you want to be involved



- People in your life who are involved in your care and support and know you best



- Other professionals who know you well



- An **Independent Mental Capacity Advocate**, if you need one



When is an Emergency Health Care Plan written?



An Emergency Health Care Plan might be written because you or the people who know you well are worried that an emergency might happen.



It might be written after an emergency happens, so that everyone knows what to do if it happens again



But, whenever it is written, it might feel frightening for you, your family or other people who support you. The Emergency Health Care Plan should give everyone confidence to know what to do in an emergency.



An Emergency Health Care Plan is not always written at the very end of your life. It is there to help make sure that you get the right care and treatment in an emergency.



How does an **Emergency Health Care Plan** get written?



A **Health Care Professional** who knows you well should tell you about an Emergency Health Care plan if they think you need one



You and your family or other support can also ask for an Emergency Health Care Plan to be written



The Plan should be reviewed every 12 months, or sooner if something changes.



It is the job of **health care professionals** to add things into the plan or take things out as your health changes



The **health care professional** who is writing the plan should involve you and the people who support you to make sure the plan is right and everyone understands it

What is written in an Emergency Health Care Plan?



An Emergency Health Care Plan is like a set of instructions for people involved in your care and support



It tells everyone what they should do in an emergency. Everyone knows who is responsible for each bit of the care plan.



It gives people confidence to know what to do in an emergency



It says what treatment should be given, including **resuscitation**



It should help people to know if you are becoming very unwell and have a plan to follow as quickly as possible



It should say how to get back to normal life as quickly as possible for you.



Who is the Emergency Health Care Plan written for?



The plan is written for everyone who is involved in your care. That might include you, your family, friends, paid support and **health care professionals**.



It explains what each person should do in an emergency so everyone understands their role



Health care professionals who don't know you well can read the plan and know what you want to happen



It is to give you and the people who support you peace of mind.



When it is written it gets checked by you and the people who support you to make sure that it makes sense and everyone knows what to do



Who decides what goes in the Emergency Health Care Plan?

What if people disagree about what should be in the plan?



If people disagree about what should go in the plan, an **Independent Mental Capacity Advocate** can help you say what you want to happen



Not everyone is able to make their own decisions. The **Mental Capacity Act** and **Best Interest Decision Making** can be used to help make the right decisions for the person.



An Emergency Health Care Plan is there to help people to do the right thing in an emergency. It is a guide. It is not a **legal document**.



In an emergency, health care professionals will look at what the Plan says and also use their **judgement** to decide what to do.



The people who support you should be involved in the plan so they understand the reasons for the decisions in the plan and feel part of it



How do key professionals and services know the Emergency Health Care Plan exists?



You keep the original paper copy. You should get a bright yellow envelope to keep it in so it is easy to find. Keep it in a safe place. Make sure people know where it is. Make sure it is easy to find.



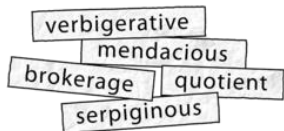
A copy is put on your medical records and a copy is sent to North East Ambulance Service.



Your **health care professional** should tell the local hospitals that you have an Emergency Health Care Plan. They should ask for it when you go into hospital.



Your family doctor, known as your GP, gets a copy



What the complicated words mean

Mental Capacity Act



The Mental Capacity Act is about making sure that people have the support they need to make as many decisions as possible. The Mental Capacity Act also protects people who need family, friends or paid support staff to make decisions for them. It is law.

Best Interest Decision Making



If someone is not able to make a decision, then the people helping them must only make decisions in their 'best interests'. This means that the decision must be what is best for the person, not for anyone else.

Advance Statement



An advance statement lets staff know how you want to be treated if you are unable to make decisions for yourself.

Judgement



This is when a health care professional uses their skills and training to make a decision about your care or treatment .



Legal document

A legal document explains what has to happen in a particular situation. It is the Law. Laws are rules that everyone in the country must follow.



Independent mental capacity advocate

This is an advocate whose job is to support you to have your voice heard and to help you to understand your rights.



Resuscitation, also known as Cardiopulmonary Resuscitation (CPR)

When you die your heart stops beating. Sometimes doctors can make your heart start again if it stops. This is called Cardiopulmonary Resuscitation.



Health care professional

This is everyone who gives you health care and treatment. For example doctors, nurses, psychologists, physiotherapists and other people.



Refusing treatment

This means that you say you do not want the treatment.