POCKET GUIDE

ACP Brief Intervention©

"Sowing the seeds for conversations"

rowcroft hospice education

Registered Charity: 282723

SET UP

Has the person had a recent health 'scare' or another trigger for ACP? Is there a cue/hint that this is a good time to talk to the patient?

ASK

- Ask a question about their 'future' – using their own words.
- Listen to the person's response – be led by their agenda, some people find it difficult talking about the future.
- Clarify what you heard and summarise the person's response to the 'ask' question.

ADVISE

Ask permission to offer them advice. If **no**, stop here. If **yes**:

- Use – 'how, who, where, what, why and when' questions.
- Advise what options/decisions they can make about their future care.
- Advise the person to write down their wishes/preferences/decisions.
- Advise the person to consider who they might want to talk to.

ASSIST

- Offer to record their wishes/decisions in the person's health record.
- Assist them to plan their next steps.
- Offer referral on to other appropriate persons/services.
- Offer ACP booklets or signpost to the Planning for the Future Hub.
- Plan any follow-up conversations/actions.

The ACP Brief Intervention© was developed by Rowcroft Hospice. With thanks to Macmillan for funding the testing phase of the intervention.

Visit our Planning for the Future Hub

Scan below or visit: rowcrofthospice.org.uk/planning

