

Glancing Back Planning Forward

How to Use the Accessible Planning Tool



Glancing Back Planning Forward

An easy read guide to help you talk about what you would like to happen at end of life

This is an information sheet to help you think, talk, write and review the care and treatment you would want at the end of your life.

Why is this important?

- You should have choices about what care you receive and where you spend your last days of life



- You and your family and community should think, talk and write down the treatment and care that you would like at the end of your life



- This means you can choose who is there, the things you have, and the things you do before you get to the end of your life



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To help you think, talk, write down and look back we use a **4 step process**

Step 1. Think

- Think about the things you would like to happen if you were sick



- Think about the medical care you would prefer like going to hospital or getting treatment at home



- Think about comfort care. This means when the doctor knows you will not get better, would you like the doctor to make you comfortable so you are not in any pain or stress?



- Think about the things you would like to do before you reach your end of life?



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Step 1. Think

- Think about where you want to be during your last days?



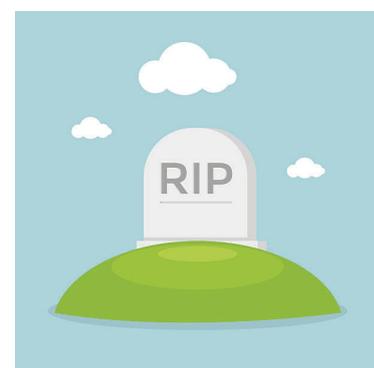
- Think about who you want with you during your last days?



- Think about any things that bring you comfort, like music you would like to listen to, or pictures you would like to have with you?



- Think about where would you like to be buried?



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Step 2. Talk about it

- Talk about these things to someone you trust



- Talk to people you feel very comfortable with about what you would like to happen if you were very ill



- Talk to your family

- Talk to your friend

- Talk to your key worker

- Or talk to all of them



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Step 3. Write it down

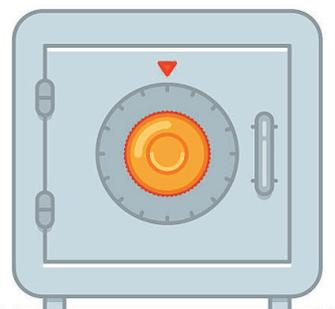
- Write down in the plan the things you would like to happen at the end of your life



- Get someone to help you do this



- Keep your plan somewhere safe



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Step 4. Go back to it

- If you change your mind, that's okay



- It is a good idea to go back over the plan every now and again



- Go back over the plan with the person who helped you write it



- This way if you change your mind about anything you can just change it on the plan



Remember this is your plan to make your life the one that you want



Acknowledgement: The authors would like to extend their gratitude to Ms Nancy Morgan for her advisory role during the creation of these documents and Miss Kieva Leslie, for her assistance with the illustrations. We are also grateful to Dr Irene Tuffrey Wijne for kindly permitting us to reference the work of her and her colleagues in relation to discussing death and dying with people with intellectual disabilities.



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Hospice and Palliative Care

Citation: Burke, E., O'Dwyer, C., Ryan, K., McCallion, P. McCarron M. (2017) Glancing Back, Planning Forward, A guide for planning end of life care with people with intellectual disability. Intellectual Disability Supplement to The Irish Longitudinal Study on Ageing. Trinity College Dublin.