

## Thinking Ahead – Introduction

My first name:

My last name:

My NHS number:

The Thinking Ahead documentation is being used across Norfolk and Waveney to support your ongoing conversations about future care planning. The following documents are included in the yellow folder:-

- **Thinking Ahead – Introduction**
- **Thinking Ahead – Information for You** – including information on what an Advance Care Plan is; the difference to an Advance Decision and other useful information
- **Thinking Ahead – My wishes for my Advance Care Plan** – this is a record of your wishes; issues important to you will be recognised by the health and care team supporting you. It is a voluntary process and does not need to be completed all in one go
- **Your guide to decisions about cardiopulmonary resuscitation (CPR)**
- **Yellow stickers** to help identify the location of the yellow folder and to raise awareness with health and care professionals of its use

It is your folder, and you can tailor its contents to meet your needs. Your health and care professional may also add further information following discussion with you. Please feel free to add to the list below to help the people involved in your care know what additional information is included in your yellow folder.

If you would like more information please speak to your health or care professional, in the first instance, or refer to <http://bereadyforit.org.uk>

**“helping you make the right choice  
for your future care”**