

SPICT-4ALL is for care staff, individuals and their families/close friends

Carers and family members can often see that a person is getting less well with one or more health problems. Making plans for care now and in the future is important.

It can be difficult to know when to ask for more help and support or how to talk about this.

SPICT-4ALL uses non-medical words but is similar to the SPICT for health professionals. You can use it to help you ask about more help from a doctor, a nurse or another professional.

You may be the person who knows what is important, what is needed and what could help.

Using SPICT-4ALL to help plan good care

Look for signs of poor or worsening health which can mean things are changing:

- An **emergency admission to hospital** is a warning sign even if the person makes a good recovery. We want to keep them as well as possible and avoid more admissions if we can.
- A person with **symptoms** that are there most of the time may need some of their medicines changed or stopped and their care plan reviewed.
- If a person needs more **help with their personal care** or is struggling to manage things they could do before, getting extra help and support in good time is important. We can look after the people who care for the person better as well. This can help avoid a crisis.
- Sometimes a person has more **complicated symptoms or other needs**. Getting the right specialist or service to give advice about their treatment and care can help.
- Sometimes a person is living as well as possible with several health problems but does not want some treatments or to go to hospital. It is important for everyone to know their wishes.

See if the person has any of the serious health problems described in SPICT-4ALL:

- If a person has an illness or is getting more frail and will **not be able to decide things for themselves** in the future, they can choose people they trust to help make decisions for them about property, money, health and care. They need a registered 'Power of Attorney' (POA).

An **Anticipatory Care Plan** helps everyone know what is important and what to do if a person gets more unwell gradually or more suddenly and unexpectedly.

Talking to the person (*if they are able and want that*) and their family

- Talk about what the person knows already and what they think might happen in the future.
- Find out about '*what matters*' to them. What could help them with the things they enjoy and want to carry on doing? Is there anything they are worried about?
- *Can we talk about what might happen if you did get more unwell so we can plan ahead?*
- *You are managing well at the moment, but I am worried about... I think we should ask the doctor/ nurse/ other professional for advice? They might need to see you to talk about...*

Talking to health professionals

- Explain that you have talked to the person and their family about finding out if more can be done to help. Say that this is not urgent but it is important.
- Use SPICT-4ALL to help you tell the health professional what is happening and what you are worried about. Ask for advice about what to do next. Would an assessment help?