



Advance Care Planning Information and Resources for Patients

The Universal Care Plan (UCP) is a digital care plan that records an individual's wishes as well as their care and support needs. Our UCP champions have recommended the following resources for health and social care professionals to share with patients before discussions about creating their UCP. While not all the information in these resources is included in the UCP, they can help patients prepare and consider the type of care wishes and preferences they may be asked about. To make it easier to find the most relevant information, the resources are divided into three sections.

Please note: all resources are publicly available, or we have received permission to share them.

General Information on Advance Care Planning

These resources offer general information on advance care planning without focusing on specific illnesses.

[Marie Curie – Advance Care Planning](#)

[HospiceUK – Advance Care Planning](#)

[AgeUK – Advance Care Planning Video](#)

[AgeUK – Planning for End of Life](#)

[Guy's and St Thomas' NHS Trust – Let's Talk: Advance Care Planning](#)

[St Raphael's Hospice – Advance Care Planning FAQs](#)

Digital and paper templates

The UCP is viewable on the NHS App for individuals with an existing care plan. We are also working on enabling patients to start and edit their own care plans within the app.

In the meantime, below are paper and digital templates that capture similar information to the UCP. You may find these useful to share with patients, allowing them to begin recording their thoughts before creating their UCP.

[Future Planning – My Wishes Online Form](#)

[HospiceUK – Planning Ahead Tool](#)

Dementia specific planning ahead information

These resources offer information on advance care planning for individuals with dementia.

[Alzheimer's Society – Planning Ahead](#)

[South London and Maudsley Trust – Planning Your Future Care, For People Living with Early Dementia](#)

[South London and Maudsley Trust – Planning for End Stage Dementia](#)