

# Planning ahead

Thinking about your care and wishes ahead of time



**Marie  
Curie**

Care and support  
through terminal illness

## Introduction

This booklet is for people living with a terminal illness, and their friends and families. You may not feel like planning ahead when you're ill, but it can help you to feel more in control if you do. It can also help those close to you to handle your affairs if you aren't able to.

We've included information about some of the things you might want to think about, like deciding where and how you want to be cared for, or making a Will. It doesn't have to be read from start to finish, and you can dip in and out or even skip some sections if you don't feel ready to read them.

You might like to read this alongside *Living with a terminal illness*, which has more information on coping with your feelings and help with day-to-day living.



You can learn more about planning ahead at [mariecurie.org.uk/support](https://mariecurie.org.uk/support) or by calling the Marie Curie Support Line **0800 090 2309\***.

\* Calls to the Marie Curie Support Line are free from landlines and mobiles. Your call may be recorded for quality and training purposes.

## Contents

<b>Introduction</b>	<b>2</b>
<b>Choosing where to be cared for</b>	<b>5</b>
Care at home	5
Hospice care	6
Hospital care	6
Care homes and nursing homes (residential care)	7
Paying for care	7
<b>Planning your care in advance</b>	<b>8</b>
What is advance care planning?	8
What does advance care planning involve?	8
How do I make an advance care plan?	9
Will my advance care plan be followed?	11
Refusing treatment	11
<b>Setting up a Power of Attorney</b>	<b>13</b>
Types of Power of Attorney	13
Choosing your attorney	15
<b>Mental capacity and making decisions</b>	<b>16</b>
About mental capacity	16
Who makes the decision?	17
Making decisions in England and Wales	17
Making decisions in Northern Ireland	18
Making decisions in Scotland	18

<b>Making a Will</b>	<b>20</b>
How to make a Will	21
<b>Protecting or sharing your online accounts</b>	<b>22</b>
Deciding what to do with each account	22
Putting plans in place for your accounts	24
Online banking	24
<b>Planning your own funeral</b>	<b>25</b>
Paying for your funeral	25
<b>Rehoming your pet</b>	<b>26</b>
Information about your pet	26
<b>How we can help</b>	<b>28</b>
<b>Useful organisations</b>	<b>30</b>
Health information	30
Financial, legal and practical support	34
Pet rehoming	37
<b>About this information</b>	<b>39</b>
Marie Curie – who we’re here for	40

## Choosing where to be cared for

It can be helpful to think about where you’d like to be cared for now, in the future, and also in your final days. These may be different places and you might change your mind over time.

You might want to think about things like how comfortable you’ll feel in different places and whether you’ll be able to get the medical and personal care you might need.

Talk to your doctor or nurse about the care you might need and what support is available in your area. They’ll be able to tell you what care or setting might be right for you.

### Care at home

Many people prefer to be cared for at home. Sometimes this is because they want to be surrounded by their loved ones or in familiar surroundings.

Your GP can tell you about what care and support is available, including palliative care at home. It’s likely that a district or community nurse will organise and coordinate your care at home.

It’s important to think about what care and support any friends and family members are able and willing to provide.

At home you can eat what you want, when you want. You can have the cat on the bed and the dog on the floor. You can have neighbours and visitors who just pop in for a few minutes.

Hope, Marie Curie Nurse

## Hospice care

Hospices provide palliative care and end of life care. This includes nursing and medical care as well as emotional and spiritual support. Hospices are smaller and feel more like someone's home compared to hospitals.

Some people stay in a hospice if they need lots of care, while others might visit a hospice for specific appointments or treatment. Some hospices provide care in people's homes.



There are nine Marie Curie Hospices around the UK. Visit [mariecurie.org.uk/hospices](https://mariecurie.org.uk/hospices) to see our locations or call the Marie Curie Support Line on **0800 090 2309\***. Hospice UK (see page 31) can also help you find a hospice near you

## Hospital care

If you become unwell or need tests or treatment, you may need to go into hospital. Some people are referred to hospital by their doctor or nurse. Other people need to go into hospital in an emergency. Many hospitals also have specialised palliative care units.



Philip Hardman/Marie Curie

## Care homes and nursing homes (residential care)

You may choose to be cared for in a care home or nursing home if you can no longer manage in your own home. This might be for long-stay care or for a short time.

In a care home, staff will look after you day and night. Some staff are professional carers and provide personal care, such as help with washing and dressing, and providing meals.

A nursing home (sometimes called a 'care home with nursing') is like a care home, but there are trained nurses on duty. If your health means you need nursing care on a frequent basis, then this type of home may be more suitable for you.

## Paying for care

Medical care is usually free, including care in hospices and hospitals. You may have to pay for or contribute towards some of the costs of your personal or social care, including getting care at home or staying in a care home or nursing home. This can depend on where you live, how many savings and how much income you have. Speak to your doctor, nurse or social care services about what care is available.



To find out more about where you could be cared for, visit our website at [mariecurie.org.uk/choosingwhere](https://mariecurie.org.uk/choosingwhere) or call the Marie Curie Support Line on **0800 090 2309\***.

## Who can help?

Your GP, Marie Curie Nurse or district nurse will be able to help you with choosing where to be cared for. You can also contact a hospice for more information about their services, although in order to stay there a healthcare professional will need to refer you.

## Planning your care in advance

It can be helpful to think about what care you'd like to receive in the future. It's a good idea to discuss your wishes and plans with your family, friends, and doctor or nurse.

**There are a few differences in how advance care plans and decisions can be made and applied in the four different nations of the UK. These are highlighted on pages 8-19.**

### What is advance care planning?

Advance care planning involves making decisions about your future care with your health and social care professionals. These wishes can be followed if you aren't able to make decisions or tell people what you want in the future. In Scotland, this is called **anticipatory care planning**.

Even if you're not approaching the end of your life, it can still be helpful to plan ahead.

It's your choice whether you make an advance care plan. You shouldn't feel any pressure to include anything you're not comfortable with. And you can change your mind at any time.

### What does advance care planning involve?

Advance care planning can include anything about your future care. You might want to think about:

- How would you like to be looked after?
- Where would you like to be looked after in the future and in your final days?

- Are there any spiritual or religious beliefs you would like taken into account?
- Who would you like to spend time with?
- Who should your doctors or nurses talk to about your wishes if you become unable to make decisions?
- Do you want to appoint someone to make decisions on your behalf if you're unable to make them (lasting Power of Attorney)?
- How you would like practical matters dealt with, such as the care of a pet?
- Do you have any thoughts about what you would like to happen to your body after you die?

### How do I make an advance care plan?

Talk about your wishes with your healthcare professionals, family and friends.

You can write your wishes down, but you don't have to. Writing your wishes down can make it easier for people to understand and follow them in the future. Your healthcare professional might have an advance care planning form to help you.

### Telling people about your advance care plan

You can ask your doctor or nurse about how to make sure that other health and social care professionals know about your advance care plan.

They might be able to do things like create an electronic record of your plan that could be accessed by hospital staff or out-of-hours doctors, called a Summary Care Record in England. These services can vary depending on where you live.





Philip Hardman/Marie Curie

## Will my advance care plan be followed?

Advance care planning makes it more likely that your wishes will be understood and followed. However, this is not legally binding and there could be circumstances when the doctors or nurses don't follow the wishes you've recorded.

## Refusing treatment

You're entitled to say whether there are particular treatments that you don't want to have. This is called an **advance decision to refuse treatment (ADRT)**. It's sometimes called an advance decision, living Will or, in Scotland, it's called an **advance directive**.

An advance decision to refuse treatment will only be used if you lose the ability to make your own decisions about your treatment (see page 16).

## How do I make an advance decision to refuse treatment (ADRT)?

It's helpful to discuss your options with a doctor or nurse who knows about your medical history and health conditions. You can ask them what treatments you're likely to need and what it might mean if you choose not to have them.

You'll need to state the specific treatments you wish to refuse and in what circumstances your refusal will apply. You can choose to refuse treatment that could potentially keep you alive (known as 'life-sustaining treatment' or 'life-prolonging treatment'), such as a mechanical ventilator to help you breathe. You can't refuse care to make you comfortable or request help to end your life.

You'll need to make sure the decision is:

- written down
- signed by you
- signed by a witness (if you want to refuse life-sustaining treatment).

Your healthcare professional may have a form or template you can use. Some organisations, such as Macmillan Cancer Support and Alzheimer's Society (see page 30-32), also have forms you can download or order.

You need to share your advance decision to refuse treatment with your health and social care professionals so that they know what treatments you don't want to receive. It can also help to share this with your family and friends.

### Will my ADRT be followed?

Your doctor or nurse has to follow your advance decision to refuse treatment as long as it is valid and applies to your situation at the time.

In England and Wales, an advance decision to refuse treatment is legally binding under the *Mental Capacity Act 2005*. In Scotland and Northern Ireland, it isn't covered by an Act of law but it's likely to be considered legally binding by a court.

### Who can help?

You can speak to your GP or nurse about how you would like to be cared for. For legal matters, like Power of Attorney, you should consult a solicitor. You may also want to involve friends, family and carers so they're aware of your wishes.

## Setting up a Power of Attorney

When you have a terminal illness, organising and making decisions about financial matters and your healthcare can be hard. You can set up a Power of Attorney to let someone make decisions for you. If you're worried about your ability to manage your affairs in the future, you may want to set up a lasting Power of Attorney.

### Types of Power of Attorney

There are three different types of Power of Attorney. You can choose to set up more than one type if you want.

#### Ordinary Power of Attorney (called a general Power of Attorney in Scotland and Northern Ireland)

You might set up an ordinary Power of Attorney because you feel that you don't want to make decisions about your finances yourself. It lets you transfer control of your financial affairs temporarily to the person you choose. It can cover all your financial affairs or just some aspects of them. The power automatically stops if you lose the ability to make decisions for yourself (lack mental capacity).

#### How to set up an ordinary Power of Attorney

If you want to set up an ordinary Power of Attorney, you should contact a solicitor or other legal expert, for example at a Citizens Advice Bureau, to help. The wording needs to be very precise so it's clear what authority you're giving to your attorney. There are organisations that can help you find legal advice in your area (see pages 34-37).

## Lasting Power of Attorney for financial affairs (called a continuing Power of Attorney in Scotland and enduring Power of Attorney in Northern Ireland)

This allows someone to make decisions about your financial affairs and property for you. For example, managing a bank account or selling your home.

You must have mental capacity when you create the Power of Attorney. And you need to register it with the Office of the Public Guardian.

## Lasting Power of Attorney for health and care decisions (called a welfare Power of Attorney in Scotland)

This gives someone else the right to make decisions about your healthcare and other aspects of your welfare. For example, medical care or moving into a care home. It also allows them to access your health records.

It can be used in England, Wales and Scotland. There is currently no equivalent to a health and welfare Power of Attorney in Northern Ireland. But this may be introduced as part of the *Mental Capacity Act (Northern Ireland) 2016*.

## How to set up a lasting Power of Attorney

Letting someone else control your financial and legal affairs is an important decision, so you may want to get advice from a solicitor. Here are some steps you can follow:

- 1 Fill in the forms and guidance from the government.
- 2 Register your Power of Attorney.
- 3 Let any relevant organisations or people know that you've set up a Power of Attorney.
- 4 Keep your Power of Attorney up to date.

## Choosing your attorney

Choose someone you trust completely and who understands you well. They'll have a duty to act in your best interests.

Your attorney needs to be aged 18 or older. And they need to have the ability to make their own decisions (mental capacity).

Many people choose a family member or friend to be their attorney. You can also appoint a firm – for example, a solicitor or an accountant – as your attorney, but they will charge a fee.



Visit our website from more information about planning ahead at [mariecurie.org.uk/support](https://mariecurie.org.uk/support) or contact the Marie Curie Support Line on **0800 090 2309\***.

## Who can help?

Citizens Advice can give you free information about Power of Attorney, including how to set one up. You may also want to ask a solicitor for help (see pages 34-37).



## Mental capacity and making decisions

Mental capacity is your ability to understand and make a decision. If you lack mental capacity, this means that you're unable to understand and make a particular decision at the time it needs to be made. In Scotland, people who lack capacity are sometimes called adults with incapacity.

You and the people close to you may find you need to prepare for this possibility and put plans in place. People who may lack capacity include those with dementia, memory or thinking problems, or people who are being given sedation medicines.

### About mental capacity

There are laws to protect and empower people aged 16 or over who may lack the mental capacity to make their own decisions. In England, the law is called the *Mental Capacity Act 2005* and in Scotland it's called the *Adults with Incapacity (Scotland) Act 2000*. In Northern Ireland, the *Mental Capacity Act (Northern Ireland) 2016* has been passed and will be implemented gradually. They all follow similar principles, which we've outlined here.

You should be supported to make your own decisions as much as possible. Many people with dementia, for example, are able to make decisions with the right support and encouragement.

Mental capacity can vary from day to day, and issue to issue. It can also vary according to the type and importance of the decision being taken. For example, you might be able to decide where you want to live, but not be able to decide what to do about your Will.

All practical steps to help you make a decision must have been taken without success, before someone else can make a decision on your behalf. This includes things like involving an advocate or making sure written information is made more accessible.

Mental capacity is not based on your ability to make a wise or sensible decision.

Someone can only take decisions on your behalf if you've been assessed as lacking capacity. Even then, someone can only make those decisions that you can't make for yourself. You can find out more about how mental capacity is assessed at [mariecurie.org.uk/mentalcapacity](http://mariecurie.org.uk/mentalcapacity) or call our Support Line on **0800 090 2309\***.

If you're not able to make a decision, the person making the decision should take into account what you would want and what is best for you as an individual. They should involve you as much as possible when decisions are being made.

### Who makes the decision?

The person who makes the decision on your behalf is called the 'decision-maker'. This could be:

- a family member or carer for day-to-day things like what to wear
- a health or social care professional or someone legally appointed to make decisions about treatment, care and accommodation
- someone legally appointed to make decisions about finances and property.

### Making decisions in England and Wales

If it's decided that you lack mental capacity, any **lasting Power of Attorney** (see page 14) will be put into effect.

If there's no Power of Attorney, a family member, carer or professional can apply to the Court of Protection for a decision to be made on a particular matter. If there's a continuing need to make decisions on your behalf, they can ask the Court of Protection to appoint them as your **deputy**.

If there's no one suitable or willing to act as a Power of Attorney or deputy and decisions need to be made about your health or social care, an **independent mental capacity advocate** (IMCA) may be appointed to support and represent you. The Court of Protection can also appoint a **professional deputy**.



Find out more about making decisions on someone's behalf at [mariecurie.org.uk/mentalcapacity](https://mariecurie.org.uk/mentalcapacity) or call our Support Line on **0800 090 2309\***.

## Making decisions in Northern Ireland

In Northern Ireland, most of the same principles from the *Mental Capacity Act (England and Wales)* apply.

If it's decided that you lack mental capacity, any **enduring Power of Attorney** (see page 14) will be put into effect.

If there's no enduring or lasting Power of Attorney, a family member, carer or professional can apply to the Office of Care and Protection to become your **controller**. A controller will need the permission of the Office of Care and Protection (OCP) before making any decisions on your behalf (for example, selling your house).

## Making decisions in Scotland

Scotland has its own mental capacity legislation called the *Adults with Incapacity (Scotland) Act 2000*.

If it's decided that you lack mental capacity, any continuing or welfare **Power of Attorney** (see page 14) can be put into effect.

If no Power of Attorney is in place, a family member, carer or professional can apply to make decisions on your behalf:

- If it's a one-off decision about financial or welfare matters, they'll need to apply for an **Intervention Order**.
- If they need to make simple financial decisions on an on-going basis (for example to meet your living costs), they could apply for authority to access and manage your funds, called the **Access to Funds scheme**.
- To make on-going decisions about your finances and welfare, they can apply for a **Guardianship order**.

For information on making a decision when someone lacks capacity in Scotland you can visit the Office of the Public Guardian (Scotland) or the Scottish Government website (see page 36).

### Who can help?

A GP, social worker or independent mental capacity advocate (IMCA) will be able to tell you more about mental capacity. You can also visit our website at [mariecurie.org.uk/mentalcapacity](https://mariecurie.org.uk/mentalcapacity) or call the Marie Curie Support Line on **0800 090 2309\***

## Making a Will

Making a Will lets you decide what happens to your money, property and possessions when you die. These things are sometimes called your ‘estate’. You can also use a Will to decide who should look after any children under 18.

You might want to make a Will so that you can make these decisions yourself and to help your loved ones feel less worried about the future. If you haven’t made a Will or your Will is invalid, your money, property and possessions will be shared out according to the law.



iStock

## How to make a Will

Here are some steps you can take:

1. Calculate the value of any money, property and possessions (your ‘estate’).
2. Decide who you want to benefit from your Will (the ‘beneficiaries’).
3. Decide what you want each beneficiary to receive.
4. Decide who you want to sort out your Will (the ‘executors’). It could be your family, friends, or a professional, like a solicitor (lawyer) or an accountant.
5. Draw up your Will. It’s helpful to use a solicitor, especially if your affairs aren’t straightforward.
6. Give a copy of your Will to your executors along with a list of your money, property, and possessions.
7. Review your Will. Make sure you review and update your Will every five years and whenever your circumstances change.

Many charities offer a Will-writing service and sometimes these are free. You should not be under any pressure to leave anything to the charity, but you might want to. Marie Curie offers a free Will-writing service for people aged 55 or over. Read more about how to make a Will at [mariecurie.org.uk/makingawill](https://mariecurie.org.uk/makingawill)

It’s important to make sure your Will is legally valid. For more information visit the [gov.uk](https://www.gov.uk) website (see page 34).

### Who can help?

It’s a good idea to get advice to make sure your Will is valid – contact a solicitor, independent financial adviser (IFA) or professional Will writer. Many charities, including Marie Curie and Citizens Advice, can help you with your Will.

## Protecting or sharing your online accounts

Most people have lots of social media and online accounts, sometimes called digital assets. It can be helpful to think about what you want to happen to these accounts after you've died. You can put plans in place to make things easier for your family members and friends to carry out your wishes.

You could think about your accounts for:

- music and other media subscriptions (Netflix, Spotify, newspaper subscriptions)
- social media (Facebook, Twitter, Pinterest, Instagram)
- professional sites (LinkedIn, Google Apps)
- email (Gmail, Hotmail)
- cloud storage services (Dropbox, Apple iCloud)
- smartphone or tablet apps
- online accounts for utility or mobile network providers.

If you're not sure how to manage your online accounts, you might like to ask a family member or friend to help you.

## Deciding what to do with each account

Companies have different rules about what happens to your account when you die and whether someone else can have access. It's a good idea to look at your options for each account and decide what you want to do with it.

You might be able to:

- memorialise a social media account, so that your timeline and pictures can be seen by friends, but no one can make changes to it

- download your data (photos, videos and messages) and keep them in a secure place
- deactivate an account so that it isn't publicly available but the information is stored with the company in case someone needs to access it in the future
- delete an account so that it isn't publicly available and all of the information is deleted
- assign someone you trust to have access to some or parts of your account after you die.

MyWishes and Digital Legacy Association have guides on what you can do with your different social media and online accounts and how you can plan ahead. See page 30-31 for more details.



Phil Hardman/Marie Curie



## Putting plans in place for your accounts

Decide what you want to do with each account and, if you can, put these plans in place with the company. You can also write down your wishes.

You could write down your account details and passwords and leave these with someone you trust. Check with each account before giving someone else your password – someone else may not be able to legally access your account, according to the terms and conditions of the company.

## Online banking

Bank accounts are counted as part of your estate (your money, possessions and property). This means that your bank accounts will be managed by the executors of your Will. You don't need to change your online banking. After you've died, your family, friends, or executors of your Will need to tell your bank. You may wish to keep an updated list of your online bank accounts in a secure place with your Will so that your executors know which banks to contact after you have died.

Check with your bank before giving someone else the log in details for your online banking. If you give someone else the details and the account is accessed without your permission, the bank may refuse to compensate you for any damage.

### Who can help?

Each company may be able to tell you what your options are and how you can plan ahead. MyWishes and the Digital Legacy Association have guides on managing social media accounts (see pages 30-31).

## Planning your own funeral

Some people want to make decisions about what happens after they die, and other people don't. You could tell your friends and family about what you want for your funeral. It might help to write your wishes down.

You could also put plans in place for your funeral by organising it yourself or speaking to a funeral director. You could consider things like:

- Do you want to be buried or cremated? If so, where?
- If you're cremated, would you like your ashes to be kept or scattered?
- Where would you like the funeral to be held?
- Who would you like to be invited?
- Are there any music, poems, prayers or readings you want included?
- Do you want a memorial service, wake or gathering – and, if so, where?

## Paying for your funeral

You might like to consider paying for your funeral in advance with a pre-paid funeral plan or insurance, or by leaving money in your estate to cover the funeral costs when you die. Your friends and family might not have immediate access to your money. Your bank or building society may release funds to pay for the funeral, but it's worth checking with them about how to do this.



For more information on planning and paying for a funeral, see [mariecurie.org.uk/funeralplanning](https://mariecurie.org.uk/funeralplanning) or contact the Marie Curie Support Line on **0800 090 2309\*** for more information.



## Who can help?

A funeral director will be able to give you information on planning your own funeral. A solicitor can help with expressing your wishes in a Will.

## Rehoming your pet

You may be worried about who will look after your pet if your condition gets worse or after you've died. It may be helpful to plan for your pet's future. This can be useful for family and friends if they need to find a new home for your pet.

You might have a friend or relative who would like to look after your pet. You could ask them if they could help, either on a short-term or long-term basis.

There are organisations that can rehome pets with loving and responsible new owners. Some organisations have schemes where you can register your pet in advance to be looked after when you die.

## Information about your pet

It can help to gather information about your pet and keep it in a safe place so that you, or a friend or family member, have everything to hand when it's needed.

This could include:

- what food your pet eats
- how often and how much food they need
- what activities they like and don't like doing

- your pet's vet records and dates of any operations or vaccinations
- details of any pet insurance.

If you rehome your pet you may want to make sure that they have familiar things around them, as it could help them feel more comfortable in their new home.

## Who can help?

Organisations like Blue Cross, Battersea Dogs & Cats Home, National Animal Welfare Trust or The Cinnamon Trust can give you advice and rehome animals with loving and responsible new owners. See page 37 for more organisations and their contact details. Your vet can also give you advice.



iStock

## How we can help

We help everyone affected by a terminal illness get the information and support you need, whether you have an illness yourself or you're a family member or friend.

### Marie Curie Support Line

**0800 090 2309\***

Whatever your question, we're here to help with practical information and support on all aspects of life with terminal illness, dying and bereavement. Whether you need trusted information or to talk to someone, you can call us for free. For Support Line opening times, visit [mariecurie.org.uk/support](https://mariecurie.org.uk/support) \*Your call may be recorded for training and monitoring purposes.

### Marie Curie Online Chat

If you prefer, you can talk to our trained staff and get information and support via our online chat service.

[mariecurie.org.uk/support](https://mariecurie.org.uk/support)

### Marie Curie information

We have a range of free information available to view online or to order as printed booklets.

[mariecurie.org.uk/support](https://mariecurie.org.uk/support)

### Marie Curie Community

Our online Community is a space for you to share thoughts, feelings and experiences. The Marie Curie Support Line team moderates all posts and is there to help with any questions you may have.

[community.mariecurie.org.uk](https://community.mariecurie.org.uk)

### Marie Curie Nurses

Marie Curie Nurses and Healthcare Assistants work on the front line, night and day, in people's homes across the UK, providing hands-on care and vital emotional support. If you're living with a terminal illness, our nurses will help you to feel safe, supported and cared-for in the place where you're most comfortable.

[mariecurie.org.uk/nurses](https://mariecurie.org.uk/nurses)

### Marie Curie Hospices

Our hospices offer the reassurance of specialist care and support, in a friendly, welcoming environment, for people living with a terminal illness and their loved ones – whether you're staying in the hospice, or just coming in for the day.

[mariecurie.org.uk/hospices](https://mariecurie.org.uk/hospices)

### Marie Curie Helper Volunteers

The little things can make a big difference when you're living with a terminal illness. Marie Curie's trained Helper volunteers can visit you regularly to have a chat to over a cup of tea, help you get to an appointment or just listen when you need a friendly ear.

[mariecurie.org.uk/helper](https://mariecurie.org.uk/helper)

## Useful organisations

### Health information

#### Alzheimer's Society

0333 150 3456  
alzheimers.org.uk

Works to improve quality of life for people affected by dementia. Its website includes guidance on diagnosis, symptoms and care for people living with Alzheimer's, information on local services and support groups.

#### MyWishes

mywishes.co.uk

Information and resources for sorting out your digital legacy, including tutorials for people who want to put plans in place for their online accounts at the end of life.

#### Dementia UK

0800 888 6678  
dementiauk.org

Provides support for people living with dementia and their families through their Admiral Nurse service. Its website includes information about the condition and where carers can get support.

#### Digital Legacy Association

digitallegacyassociation.org

Provides resources for healthcare professionals and the public. Helps people make arrangements for their digital legacy.

#### Healthtalk.org

healthtalk.org

A website with information on a range of health issues, with a focus on people's real-life experiences. Includes videos of people who have shared their experiences about living with a health condition.

#### Hospice UK

020 7520 8200  
hospiceuk.org

A UK and international directory of hospice and palliative care, plus other information for people with a terminal illness.

#### Macmillan Cancer Support

0808 808 00 00  
macmillan.org.uk

Provides practical, medical and financial support for people affected by cancer.

#### MIND

0300 123 3393  
mind.org.uk

Provides information and support for a range of mental health problems.

**Motor Neurone Disease (MND) Association**

0808 802 6262  
mndassociation.org

Care, research, campaigning and information about motor neurone disease in England, Wales and Northern Ireland. Its website includes the latest research, as well as guidance on getting support.

**Motor Neurone Disease (MND) Scotland**

0141 332 3903  
mndscotland.org.uk

Provides care and support to people affected by motor neurone disease in Scotland. It also provides information and education services to healthcare professionals and funds research.

**Multiple Sclerosis (MS) Society**

0808 800 8000  
mssociety.org.uk

Gives grants and provides information and support to people affected by multiple sclerosis.

**NHS**

nhs.uk  
Provides information about health and social care including conditions, treatment and service information in England.

**Parkinson's UK**

0808 800 0303 (textphone 18001 0808 800 0303)  
parkinsons.org.uk

Gives information and support to people living with Parkinson's disease through its website and helpline.

**Scope**

0808 800 3333  
scope.org.uk

Information and support for people with a physical impairment, learning disability or any other condition.

**Social Care Institute for Excellence**

0203 840 40 40  
scie.org.uk

Works to improve the lives of people using care services in the UK. It can also help you with finding an independent mental capacity advocate (IMCA) in Wales and England.

**Stroke Association**

0303 3033 100  
stroke.org.uk

Information, support and advice for people who have had a stroke, and their families and carers. It also offers information in audio format and a directory of local services on its website.

## Financial, legal and practical support

### Care Information Scotland

0800 011 3200  
careinfoscotland.scot

Find your local council's social care department. They'll help you with getting an assessment of your care needs, or an adult carer support plan or young carers statement for your carer.

### Citizens Advice

0800 144 8848 / 0800 702 2020 (Welsh)  
citizensadvice.org.uk

The Citizens Advice website is the main public information service of Citizens Advice Bureau, providing 24/7 access to information on your rights, including benefits, housing and employment, and on debt, consumer and legal issues. Search the site for your nearest bureau in England, Wales, Scotland and Northern Ireland.

### Court of Protection (England and Wales)

0300 456 4600  
gov.uk/court-of-protection

The Court of Protection makes decisions on issues affecting people who lack mental capacity.

### GOV.UK

gov.uk  
Information on government services and information in England and Wales. Has a database to find your local council to find your local social care services.

### Health and Social Care in Northern Ireland

online.hscni.net

Has information about your local health and social care trust, including community and social care services.

### Law Society (England and Wales)

020 7320 5757  
lawsociety.org.uk

Find a solicitor in England and Wales.

### Law Society Northern Ireland

028 9023 1614  
lawsoc-ni.org

Find a solicitor in Northern Ireland.

### Law Society Scotland

0131 226 7411  
lawscot.org.uk

Find a solicitor in Scotland.

### Mental Welfare Commission for Scotland

0800 389 6809  
mwscot.org.uk

Information or advice on rights in relation to mental health care and treatment and incapacity law.



### **Office of Care and Protection (Northern Ireland)**

028 9076 3000 (textphone 028 9052 7668)

[courtsni.gov.uk](http://courtsni.gov.uk)

The Office of Care and Protection (Northern Ireland) supervises people who have been appointed to manage the finances or property of adults who can no longer do so for themselves. It can help if you need to make a lasting Power of Attorney and can't find what you need online.

### **Office of the Public Guardian (Scotland)**

01324 678 300

[publicguardian-scotland.gov.uk](http://publicguardian-scotland.gov.uk)

It has a responsibility in Scotland to supervise people appointed to make financial or property decisions on behalf of an incapable adult. It also registers continuing or welfare powers of attorney under the terms of the *Adults with Incapacity (Scotland) Act 2000*.

### **Scottish Government**

0300 244 4000

[gov.scot](http://gov.scot)

Responsible for the issues which concern the people of Scotland, including health, education, justice, rural affairs and transport.

The website also has guidance, legislation and policy documents.

### **Society of Will Writers**

01522 687 888

[willwriters.com](http://willwriters.com)

Information and advice about legislation for Wills and Power of Attorney in the UK from a self-regulatory, not-for-profit body.

It can help you find a Will writer in the UK.

### **Tell Us Once**

0800 085 7308

[gov.uk/tell-us-once](http://gov.uk/tell-us-once)

A service offered by most but not all local councils in England, Scotland and Wales. It allows you to report a death to most government organisations in one go.

## **Pet rehoming**

### **7th Heaven Animal Rescue Trust**

028 9443 2229

[7thheaven.org.uk](http://7thheaven.org.uk)

Information about pet rehoming in Northern Ireland.

### **Battersea Dogs & Cats Home**

0800 001 4444

[battersea.org.uk](http://battersea.org.uk)

Information about pet rehoming in England.

### **Blue Cross**

0300 790 9903

[bluecross.org.uk](http://bluecross.org.uk)

Offers advice on rehoming your pet, with rehoming centres in England and Wales.

### **The Cinnamon Trust**

01736 757 900

[cinnamon.org.uk](http://cinnamon.org.uk)

UK-wide charity for people in their last years and their pets.

A network of volunteers provides practical pet care services and fostering is also available for long hospital stays.

### **National Animal Welfare Trust**

020 8950 0177

[nawt.org.uk](http://nawt.org.uk)

Animal welfare charity with six rehoming centres across the south of England. Offers information about pet rehoming.

### **Scottish SPCA**

03000 999 999

[scottishspca.org](http://scottishspca.org)

Information about rehoming pets in Scotland, including rehoming centre contact details.

## **About this information**

This booklet was produced by Marie Curie's Information and Support team. It has been reviewed by health and social care professionals and people affected by terminal illness. If you'd like to provide feedback or would like a list of sources used to create this information, please email [review@mariecurie.org.uk](mailto:review@mariecurie.org.uk) or call the Marie Curie Support Line on **0800 090 2309\***.

The information in this publication is provided for the benefit and personal use of people with a terminal illness, their families and carers. This information is provided as general guidance for information purposes only. It should not be considered as medical or clinical advice, or used as a substitute for personalised or specific advice from a qualified medical practitioner. For legal, financial or other matters covered by this information, you should also consider seeking specific professional advice about your personal circumstances. While we try to ensure that this information is accurate, we do not accept any liability arising from its use. Please refer to our website for our full terms and conditions.

### **Did you find this information useful?**

If you have any feedback about the information in this booklet, please email us at [review@mariecurie.org.uk](mailto:review@mariecurie.org.uk) or call the Marie Curie Support Line on **0800 090 2309\***.

# Marie Curie

We're here for everyone affected by dying, death and bereavement in the UK. We offer expert care, guidance and support to help people get the most from the time they have left.

## Marie Curie Support Line

**0800 090 2309\***

Got a question? Call our Support Line to speak to someone who can help, including specially trained nurses. To find out more visit **[mariecurie.org.uk/support](https://mariecurie.org.uk/support)**

## Ongoing support

Whatever your situation, you can access regular emotional support over the telephone from our specially trained volunteers through our Check-in and Chat befriending service. You can also visit community. **[mariecurie.org.uk](https://mariecurie.org.uk)** to share experiences and find support by talking to people in a similar situation.

## Telephone Bereavement Service

We offer a Telephone Bereavement Service for people who might want to have ongoing support, from the same person, over the phone. To find out more call free on **0800 090 2309\*** or visit **[mariecurie.org.uk/bereavement](https://mariecurie.org.uk/bereavement)**

## We can't do it without you

Our Information and Support service is entirely funded by your generous donations, so the work we do would not be possible without your help. Thanks to you, we can continue to offer people the free information and support they need, when they need it. **[mariecurie.org.uk/donate](https://mariecurie.org.uk/donate)**



---

**Care and support  
through terminal illness**

\* Calls to the Marie Curie Support Line are free from landlines and mobiles. Your call may be recorded for quality and training purposes.