NyWishes



Lancashire and **South Cumbria Integrated Care Board**

Making plans for your future health and social care

Documenting what is important to you about your future care is called Advance Care Planning.



Sometimes it can seem hard to know where to start. So, in Lancashire and South Cumbria we recommend that you start your care planning journey by using MyWishes.

Once you have created an account and added your postcode, you will be guided through some important things to think about and how you can document your preferences and wishes.

My Wishes	Making plans in Lancashire & South Cumbria	
🕐 Dashboard		
Ø My Profile	Talking, supporting and making plans around illness, death and dying	NHS
🗐 My Last Will & Testament	Welcome to 'MyWishes'! You may have already thought a lot about planning for your future care or creating this account may be the first step for you. Either way,	
📄 My Funeral Wishes	we hope 'My Wishes' will help enable people in Lancashire and South Cumbria to feel comfortable in talking about illness, death and dying.	Lancashire and
My Advance Care Plan	As you explore the sections, some may feel easier to think about and discuss than	South Cumbria
My Goodbye Messages	others. That's OK! You can consider the sections in any order and complete as much or as little as you want.	Integrated Care Board
🖙 My Online Accounts	Using MyWishes is a good way to start conversations with people who are	
🐻 My Bucket List	important to you. These conversations are important to express what matters to you and to talk it through with others.	
🗊 My Private Notes	Writing down your wishes	

After completing your **Advance Care Plan**, we encourage you to discuss it with the professionals caring for you. You can provide a copy to your GP (by emailing it to them or printing it out and giving them a paper copy- check with your GP practice which they prefer).

This document will be added to your GP medical records. This should help conversations with primary care practitioners when discussing 'what matters most' to you.



🐨 View Tutorial

decision for ourselves. It also helps healthcare professionals to understand what is important to us.

potential confusion and stress for loved ones when we are not able to make a

For example, you may want to share your funeral wishes with a friend or partner (as a printed document or PDF).





Everything on MyWishes is free to use. Other services include:

Writing your Last Will & Testament, documenting your Funeral Wishes (and curating and your Funeral Playlist), making plans for your Online Accounts (social networks, photo storage etc.) within a Digital Will, creating a Bucket List and leaving goodbye messages to be published in the future.

Start your care planning journey at: www.MyWishes.co.uk