



Gentle Dusk has been commissioned by the Integrated Care Board (NHS) and runs the **Future Matters Service (FM)** in partnership with Age UK Islington (AUKI) for residents and/or people registered with a GP in **Islington**. It was also agreed (from 1 November 2023) that referrals can be made to the Future Matters Service Co-ordinator via Healthcare Professionals for Dementia patients (with confirmation of mental capacity), their families and/or carers in **Islington, Camden and Haringey**. The FM Service has been operating in Islington since 2013.

#### **Referrals to Future Matters Service (FM)**

Email: [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk) Telephone: **020 7281 6018**

**FM Co-ordinator Judith King** Email: [jking@ageukislington.org.uk](mailto:jking@ageukislington.org.uk) and/or Healthcare Professionals referrals can be made via NHS Email: [judith.king7@nhs.net](mailto:judith.king7@nhs.net)

The FM Service has a trained volunteer team that helps clients/patients in all aspects of Advance Care/ End of Life Planning. These include setting up:

- **Advice and help to implement the two Lasting Powers of Attorney: Property and Financial Affairs, Health and Welfare.**
- **Practical help to organise and put in place various Advance Care Plans, so personal, health care and treatment wishes are known.**
- **Universal Care Plans previously known as Coordinate my Care/Urgent Care Plans.**
- **Signposting to advance care and end of life planning materials/ resources including setting up of Wills, Funeral Plans and Body Donations.**

#### **Advance Care Plan (ACP) *Not legally binding.***

These can be set up with the FM Service. Some ACP versions are set up when in hospital or care.

- Formalises what someone DOES wish to happen to them.
- Can help clinicians in planning someone's individual care.
- Can help anyone (as you designate) understand your future care wishes and other key information.

#### **Advance Decisions to Refuse Treatment (ADRT) *Legally binding.***

Discussed and set up with GP/healthcare professionals.

- Formalises what someone DOES wish to happen to them.
- Formalises what someone DOES NOT want to happen to them.
- Related to capacity to make decision (Mental Capacity Act).

#### **Lasting Powers of Attorney (LPA) *Legally binding.***

These can be set up with the FM Service (for free) and/or solicitors (for a fee).

- Formalises who will make decisions on your behalf and in your best interest.
- Related to capacity to make decision (Mental Capacity Act).

#### **Universal Care Plans (UCP) *Not legally binding.***

These are set up with your GP:

- Formalises what someone DOES wish to happen to them.
- Can help clinicians in planning someone's individual care.
- Can help emergency services and A&E.

#### **Who should create a UCP?**

- Anyone who has complex health care needs.
- Anyone of any age group with something important to say about the care and treatment they would like in an emergency.
- Anyone who is frail or elderly or with a terminal illness.



### **Why do I need Lasting Powers of Attorney (LPA)?**

You decide and choose how you would like your Financial Affairs and Health & Welfare managed in the future should you be unable to do so physically and/or lose mental capacity. These are best put in place in advance because you cannot predict if, or when you will need them. Also, importantly you are **unable** to register your LPAs once you have lost mental capacity. It is helpful not only for you but your family & friends to help and support you. You decide and choose who you want to appoint as your Attorneys (and can also appoint replacement Attorneys). Further relevant details can be found at: <https://www.gov.uk/power-of-attorney>

### **What happens if I lose mental capacity and have no LPAs in place?**

The consequence of not having LPAs and requiring someone to help and support you for either health or financial decisions means the “choice” of who and what you want may not be carried out. Also for others around you they may need to apply for a Deputyship which is time consuming and more expensive, refer: <https://www.gov.uk/become-deputy>

### **Why do I need a Will?**

A Will can distribute your property, name an executor, name guardians for children and write off debts (owed to you). Five key benefits are listed below:

1. Make your wishes known: Without a valid Will, the distribution of your assets will be according to the rules of intestacy – not according to your wishes.
2. Provide for those you choose.
3. Protect your children (if applicable).
4. Reduce inheritance tax.
5. Protect your estate from being contested.

**Note:** Estate is the term for all savings, investments, properties and items owned by the person making a Will excluding pre-defined nominations.

### **I do not own any property or have any savings. Is it really necessary to make a Will?**

Entirely your choice, but in making a Will you can state what you want done with your possessions (after your death); clothes and other belongings could, for example, be donated to specific charities. If no wishes have been recorded, possessions may be thrown away. You can also state who you are leaving items to. This can include things which have no monetary value but are of sentimental value to you and your family or friends.

### **What about funerals – what should I do?**

It is important and helpful for your family if you leave written wishes or make arrangements in advance about your funeral. As well as considering budgeting for funeral costs and/or setting up pre-paid funeral plans or insurance.

### **How long is an FM Service appointment and how is it carried out?**

The appointments are scheduled for one hour duration which can be booked face to face at AUKI office, via online meetings and/or by telephone. The FM volunteer is assigned to an individual for as long a period as needed. Note: home visits can be arranged for housebound patients.

### **If someone needs FM Service help/advice outside of Islington (or referred via Camden or Haringey NHS) who should they be signposted to?**

They should contact Gentle Dusk via email: [contact@gentledusk.org.uk](mailto:contact@gentledusk.org.uk)