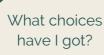
## CO

## **COMPASSIONATE COMPANIONS**





How can I start these conversations with who is important to me?

Should someone know my passwords or bank details?



Do I want to go back into hospital again?

What matters to you?

What is most important to you at this time in your life?









## Support for you to think about your wishes including:



Where you want to be cared for



Offer guidance and information and enable understanding of choices as one's health changes



Supporting conversations with loved ones



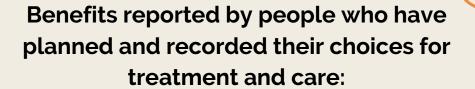
Making plans, advance statements, and important decisions



Ensure wishes are recorded in the right place with the right teams (i.e. GP, hospital, hospice)



Signpost to other specialist services where helpful



"I'm now surrounded by the people and the things that I love"

"My family don't have to make difficult decisions on my behalf"

"The doctors know I want treatment for my illness to continue for as long as possible"

"My family know I don't want my life to be prolonged when I have no quality of life"

"Everyone will know my choices and how best to care for me



You can refer directly by emailing:
bill.thompson1@nhs.net
Or call 07443 020291 for further information





Compassionate Companions is a free NHS service available to all patients registered with GPs across Ipswich and East Suffolk.

The service has developed at a community level, supported by a lead GP and clinical staff at Peninsula Practice.

Compassionate Companions are part of the integrated health and care team supporting you.

For URGENT care
call your own GP practice;
or St Elizabeth Hospice on
One Call 0800 56 70 111 (24 hour advice line)

Data Privacy – A Compassionate Companion will share information with other professionals so that they can support you in the best way possible. Our data privacy statement is available on request; it explains more about the types of information sharing and your rights.





