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## Advance Care Planning (ACP)

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**Symptom Control and  
Palliative Care Team**

**Patient Information**





## **Your future care, shaped around you.**

### **What is advance care planning?**

Advance care planning (ACP) involves thinking about, discussing, and recording what is important to you and your wishes for your future care and treatment. ACP can be thinking about the practical issues facing you if you become unwell; legal aspects such as making a will and Lasting Power of Attorney or this could include letting the hospital know what your wishes are should treatment not go as planned.

ACP ensures that if you were to become too unwell to make decisions for yourself, the people caring for you are aware of your wishes and can do what is right for you.

Whilst you are still on active treatment aiming for remission, we, like you, are always hoping for the best but want to be prepared if the unexpected happens. We always want to know what is important to you and how best to care for you.

### **Why are we talking about this now?**

It is hard to talk about the risk of becoming unwell or dying whilst we are still giving you active treatment and aiming for remission, however there are many benefits to starting ACP early.

When some people get a cancer diagnosis they may worry about the risk of becoming unwell and dying, this can be overwhelming and frightening. However, if you can express your wants and needs early it can give you some control over an unpredictable future and reduce anxiety.

Having these conversations early allows you to make informed decisions in your own time and gives you time to think and talk about your care with people who are important to you before recording your decisions.

It also helps to have these conversations while you are still having treatment with the aim of remission meaning that you

are stronger physically and emotionally to engage in these difficult but important conversations.

This is a formal document, however information added to your ACP can always be updated and altered should your wishes change.

## Things to think about

There are many things you may wish to include when creating an Advance Care Plan (ACP), and our team is here to support you and make the process as easy as possible. An ACP can be as detailed as you wish, and may include decisions around:

- Who you would like to be updated about your condition if you became unwell
- Who your trusted friend or family member is that can be aware of your financial commitments, such as paying bills, should you become unwell — and whether they need access to passwords to manage these commitments
- Whether you would like to allocate a Lasting Power of Attorney for health and welfare and/or for finance
- Whether you want to create memory boxes or photo albums for loved ones
- Whether you already have a Will in place
- Who you would like to manage your digital legacy, such as social media accounts, and what you would like to happen to them
- People with blood cancer are usually not able to donate their organs or tissues. However, you may still wish to consider donating your body to medical research and education
- Where you would wish to be cared for at the end of life.

Please speak to your clinical team if you would like more information about documenting your ACP, and they will contact us.

## Further information

### **Maggie's**

There is a lot of support at via Maggie's from emotional, family and practical support including a free will writing service.

On site in Sutton or via  
[\*www.maggies.org/our-centres/\*](http://www.maggies.org/our-centres/)

### **Making a will**

[\*www.gov.uk/make-will\*](http://www.gov.uk/make-will)

### **Citizens Advice**

[\*www.citizensadvice.org.uk/family/death-and-wills/wills/\*](http://www.citizensadvice.org.uk/family/death-and-wills/wills/)

### **Lasting Power of Attorney**

[\*www.gov.uk/power-of-attorney\*](http://www.gov.uk/power-of-attorney)

### **Office of the Public Guardian**

[\*www.gov.uk/government/organisations/office-of-the-public-guardian\*](http://www.gov.uk/government/organisations/office-of-the-public-guardian)

## Contact details

If you have any questions or concerns, please contact the HOPS team through My Marsden or via the HOPS team email:

[\*\*HOPS@rmh.nhs.uk\*\*](mailto:HOPS@rmh.nhs.uk)

For non-urgent queries contact Clinical administration:

Sutton            **020 8661 3182**

Chelsea           **020 7808 2761**

## Notes and questions

## References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Telephone: Chelsea 020 7811 8438 / 020 7808 2083

Sutton 020 8661 3759 / 3951

Email: [patientcentre@rmh.nhs.uk](mailto:patientcentre@rmh.nhs.uk)

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Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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

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