

# Approaching the final weeks

Over time your condition(s) may change and you may need more support and advice to help achieve your wishes. Your carer may also need more support to continue to care for you. Across Redbridge the following are in place to ensure both you and your carer(s) receive the increased support that might be needed as you approach the final weeks of life:

### NHS Continuing Care

NHS Continuing Healthcare is a package of care arranged and funded by the NHS to meet the physical and/or mental health needs caused by your illness. It can be provided in any setting including a care home, hospice or your own home. For anyone with rapidly changing needs, there is a fast track process in place to ensure an appropriate care package can be arranged as quickly as possible. Once a care package is in place you will be formally assessed based on your individual needs. In some cases this may identify that NHS Continuing Care funding is not necessary for your ongoing care.

### Anticipatory Prescribing or Anticipatory Medications

As with any illness some people may experience new symptoms outside of normal GP practice hours, for which they require medication but do not necessarily need to be admitted to hospital. Anticipatory Prescribing or “Just in Case” medication aims to avoid distress caused by delayed access to medications by allowing your nurse to store medicine in your home which can be administered should the need arise.

### Care in the setting of your choice

Services are in place to help support you in a setting of their choice, including your home. Where this is your wish, health and social care professionals work closely with local voluntary organisations, including hospices, to provide a range of services which help people at the end of life regardless of diagnosis.

### Day care services

Weekly ‘day care’ sessions offer the opportunity to receive skilled nursing care – helping you to manage your symptoms, and receive personal care, counseling, complementary therapies, spiritual care and the opportunity to socialise with other people. Carers may also find that day care provides them with reassurance that you are being cared for while they take the opportunity to have some time to themselves.

### Hospice at Home Services

Hospice at Home can support you to be cared for in the comfort of your own home and allow your carer to have some respite or a good night’s sleep. Marie Curie can provide night sitting support and Crossroads can provide up to 10 hours a week respite for carers.

### Changes to your wishes

Over time, your wishes regarding your care may change. Throughout your journey, you will be encouraged by healthcare professionals to review any decisions made about your care as part of your Advance Care Plan in line with your changing needs. Any changes will be recorded and communicated to all care providers.

### Other End of Life factsheets which may be of interest:

Factsheet 1: Self Assessment Questionnaire	▶	Factsheet 6: Care after death	▶
Factsheet 2: Budget Calculator	▶	Factsheet 7: Frequently Asked Questions	▶
Factsheet 3: Support Plan	▶		
<b>Factsheet 4: Approaching the final few weeks</b>	▶		
Factsheet 5: Care in the last few days	▶		