



Thank you for taking part in the Northern Ireland Life and Times Survey. We know that some of the questions ask about difficult issues that affect our lives. This leaflet provides information and sources of support relating to Advance Care Planning, and to Palliative Care.

Advance Care Planning

What is it?

Advance Care Planning is a voluntary process of discussion about future care between an individual person and their care providers. If the person wishes, their family and friends may be included. It is recommended that with the person's agreement, this discussion is documented, regularly reviewed, and communicated to key people involved in their care.

Information and support

Compassion in Dying <https://compassionindying.org.uk/>

Compassion in Dying supports people to use their existing rights to make decisions about their healthcare and advance planning. They provide a free information line, publications and resources.

Information line: [Freephone 0800 999 24 34](tel:08009992434) (9am to 5pm, Monday to Friday)

Dying Matters www.dyingmatters.org

Dying Matters aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life. The Dying Matters website provides resources to help raise awareness and promote conversation about death, dying and bereavement.

Palliative care

What is it?

Palliative care is primarily focused on providing relief from symptoms and stress associated with chronic progressive illness. The goal is to improve the quality of life for both the patient and their family. It should focus on managing physical symptoms as well as psychological and spiritual needs.

Information and support

There are many organisations that you can contact for help and support. The list below includes some of the sources of support available in Northern Ireland.

AgeNI www.ageni.org

AgeNI is a charity for older people, which provides advice, networks and care services.

AgeNI Advice Service: [Freephone 0808 808 7575](tel:08088087575) (8am to 7pm, 7 days a week)

Carers Northern Ireland www.carersuk.org/northernireland

Carers NI provides advice, information and support for carers, and is part of Carers UK.

Carers NI Telephone: [028 9043 9843](tel:02890439843)

Cruse Bereavement Care www.cruse.org.uk/northern-ireland

Cruse provides support, advice and information when someone dies.

Cruse Helpline: [Freephone 0808 808 1677](tel:08088081677) (Monday to Friday)

Macmillan Cancer Support www.macmillan.org.uk

Macmillan provides information, practical advice and support for people diagnosed with cancer.

Macmillan Helpline: [Freephone 0808 808 00 00](tel:08088080000) (9am to 8pm, Monday to Friday)

Marie Curie www.mariecurie.org.uk

Marie Curie helps people living with any terminal illness, and their families, to make the most of the time they have left. They provide information and support, as well as nursing and hospice care.

Marie Curie Support Line: [Freephone 0800 090 2309](tel:08000902309) (Monday to Saturday)