“My mother’s health became worse but we felt safe thanks to the palliative plan about what to do when challenges appeared. This was good for us and for our mother. As the plan was made early, her wishes that was important to her was included.”

_relative_

“I’d never heard of a Palliative care plan, but I thought it was a good idea. I was being worried because of my health and thought, ‘if I collapse, my family will have to pick up the pieces and they will not know what to do’. My kids thought it was difficult to talk about a Palliative care plan. I explained to them that they might have to make decisions on my behalf, so they needed to know what was important to me. Now, they’re pleased I have it.”

_patient_

“What is important to you?”

www.palliativplan.no

Here you can get contact information from members of the resource group Palliativ Plan in Møre and Romsdal.
PURPOSE AND CONTENT

The plan should be made as early in the disease process as possible after a patient gets a diagnosis with limited life expectancy.

The plan ensures:
- Security for patient, relatives and healthcare professionals
- Patient participation (what is important to you?)
- To treat the patient in line with the patient’s wishes
- As far as possible, avoid unnecessary use of emergency care and hospital admissions

The plan should include:
- Telephone numbers to get answers to upcoming questions 24/7
- Contact information about available help from health services 24/7
- Relevant diagnoses
- Individual arrangements/statements and plans for the treatment of possible symptoms
- The patient’s life story and family resources
- The patient’s (and relatives’) wishes, hopes and concerns
- Ethical guidelines/advance directives

If you wish to have a Palliative care plan/Plan for best relief care you should contact your GP/geriatric GP or a nurse from the nursing home or home care service.

If there is need for guidance/training, the healthcare provider can contact one of the palliative care teams in Møre and Romsdal county.

“The important to you?”