



ReSPECT

Recommended Summary Plan for Emergency Care and Treatment



Easy read information for patients,
parents, partners and families



For further information go to
www.respect-process.org.uk



ReSPECT stands for **R**ecommended **S**ummary **P**lan for **E**mergency **C**are and **T**reatment



This means it is a short plan about what should happen if a person needs health care or treatment in an emergency.



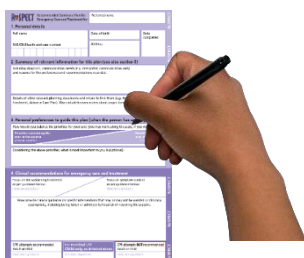
It is called ReSPECT for short



ReSPECT plans are made by a patient and healthcare staff working together.



They talk about what the person wants and what the choices may be.



Then a ReSPECT plan is written down on a special form.



ReSPECT is new



ReSPECT is being used in some areas of the country, but not everywhere.



Ask your healthcare staff if ReSPECT is in your area yet.



ReSPECT is a way of making sure that health care workers know your choices in an emergency.



But if you do not have a ReSPECT plan, the health care workers looking after you must still do all they can to find out what you want in an emergency.



Making choices about health care



Choices about health care include what treatments you want and what treatments you don't want.



Some choices may seem less serious, like whether or not to take a painkiller for a headache.



And some are more serious, like whether to have an operation.



In an **emergency** there can be some very serious choices to make.



An **emergency** is when someone gets very sick or has a bad accident, and needs help in a hurry.



In an emergency, choices often have to be made very quickly.



Most of the time when people are unwell or hurt in an emergency there is a good chance that treatment will make them better.



This can make choosing treatments seem easier.



But sometimes there is not a good chance that a treatment will work.



And some treatments can be very painful for a long time afterwards.



So, everyone will have different wishes for how they want to be treated in an emergency.



Making a ReSPECT plan will help people think about the kind of care they want before an emergency happens.



In an emergency, some people will be too poorly to tell doctors and nurses what they think.



The ReSPECT form will make sure a person's wishes are written down if they have to see a doctor or go to hospital.



ReSPECT is there to make sure that any decisions about your future care and treatment are made with you.



You should get all the support you need from health care workers to make a decision about emergency care.



If someone is not able to make a decision about emergency care, ReSPECT will make sure those decisions are made in the person's best interests.



Making a ReSPECT plan



The first step in making a ReSPECT plan is to have a conversation with a healthcare worker.



This should be someone who is in charge of your care and treatment.



They could be a doctor, nurse or other healthcare worker.



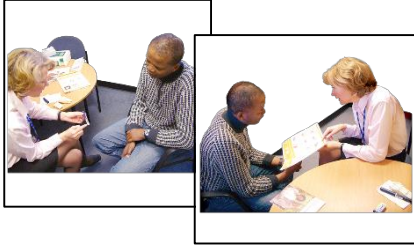
You can talk about what is important to you about your care.



You can talk about the kinds of treatments you might need in an emergency.



You can talk together about any treatments you do or do not want.



You might need to talk with them lots of times, before you are ready to make a ReSPECT plan.



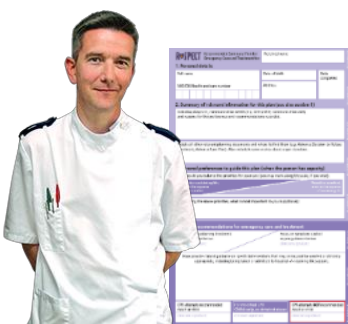
You might want the people who are close to you to help you talk about it.



If you do not want to talk about emergency care, you do not have to.



Doctors and nurses will still do their best to make sure you get the best care in an emergency.



But having a ReSPECT form can make sure that doctors and nurses know what you want in the future.



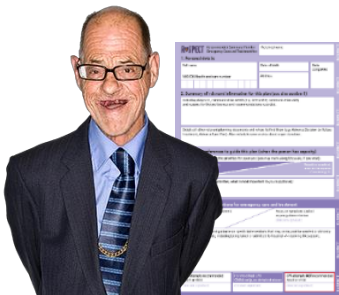
We use stories in this booklet to help you understand how ReSPECT works



The stories in this booklet are not real.



But they are based on real life stories.



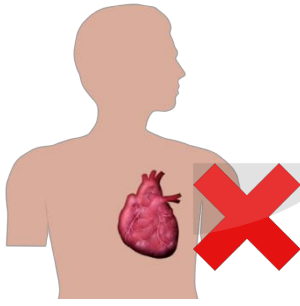
Mark's story – Making a ReSPECT plan



Mark had not been well for a long time.



He knew that if he became very ill he did not want to go to hospital again.



He knew that if his heart stopped he did not want to have his heart started again.



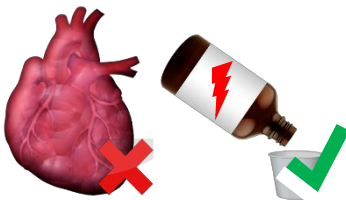
He wrote all this down on a piece of paper so that if there was an emergency and he could not talk, people would know what he wanted.



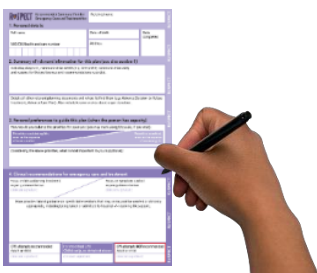
He showed the note to his doctor, who said that because it was only written on a normal piece of paper, the doctors might not think it was important.



The doctor talked to Mark about what he wanted and what was important to him.



They talked about what treatments Mark did and did not want to have.



Then they wrote down Mark's choices on a ReSPECT form.



When Mark became out of breath and fell down at his care home, they called an ambulance.



Mark was too ill to tell them his wishes, so the ambulance staff read his ReSPECT form.



Because of this they did not take Mark to hospital and would not try to start his heart if it stopped.



They made sure Mark was comfortable and peaceful.



They made sure he was with the people who knew and cared for him when he died.



Mark got the care that he wanted, at home.

The ReSPECT form



When you are clear about what you want to happen in an emergency, you are ready to fill out the ReSPECT form.



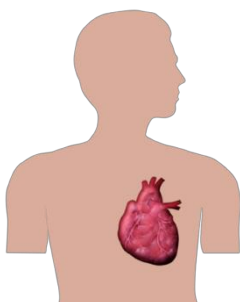
A ReSPECT form is filled out by you and a healthcare worker together.



The form asks about the kinds of treatments you would want to have in an emergency.



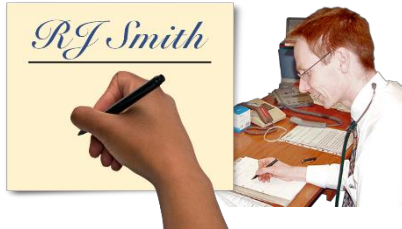
The form asks lots of questions about what is important to you.



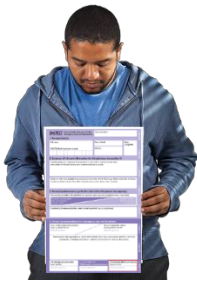
The form also asks what you want to happen if your heart stops.



You can ask your healthcare worker any questions about what is on the form.



When you are finished, the healthcare worker will sign the form.



You can keep the form with you, but let your family and health care workers know where it is.



A copy will also go in your notes.



If you have to see a new healthcare worker or there is an emergency, make sure you tell them you have a ReSPECT form.



Keep your form somewhere you can get to it in an emergency.



John's story – Having a ReSPECT form



John gets a lot of bad chest infections and sometimes these can be very serious.



When he gets a very bad chest infection he has to go to hospital.



Sometimes John gets so ill that the doctors and nurses are not sure that John will be able to get better.



Some of the treatments they could give John would be very painful.



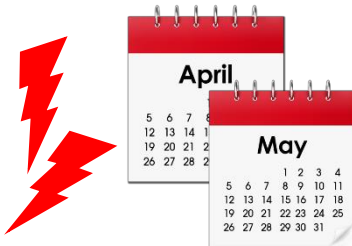
And when John is very ill, he is not able to tell the healthcare team about his wishes.



This can make it hard for the health care workers to know what John wants.



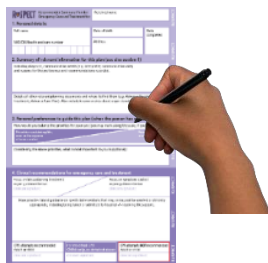
John wants his health care workers to know that he always wants treatment if there is a chance he can get better.



Even if it hurts a lot or it will take a very long time to get better.



He had a meeting with his health care team when he was well.



They talked about what he wanted in the future and they filled out a ReSPECT form.



The next time John goes to hospital with a bad chest infection, the doctors and nurses will be sure that he wants to have all the treatment he can.



Where can you find out more about ReSPECT?



The ReSPECT website has videos, advice and education support.

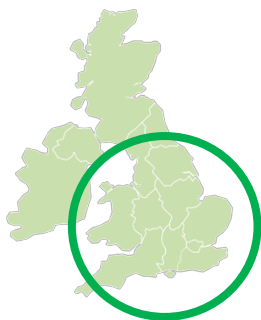
www.respectprocess.org.uk



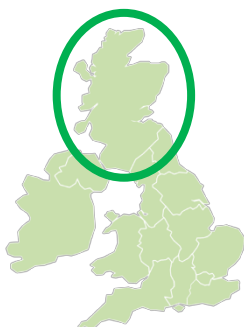
Do you want to find out more about making decisions about care?



It may help you to know the law about making care decisions.



If you live in England or Wales, see:
<https://www.nhs.uk/conditions/social-care-and-support/mental-capacity/>



If you live in Scotland, see:
<https://www.mwcscot.org.uk/the-law/adults-with-incapacity-act/medical-treatment/>



Do you want to make sure that you will not get some treatments in future?



ReSPECT can make sure that health care workers know what you want, but it is not the law for health workers to have to follow it.



There are ways you can make sure that health care workers have to follow your wishes.



In England and Wales, you can complete an **Advance Decision to Refuse Treatment**.



If you live in Scotland, you can write an **Advance Directive**.



You can only do this if you are able to make the decisions yourself and you have **capacity** to do so.