

Who is ReSPECT for?

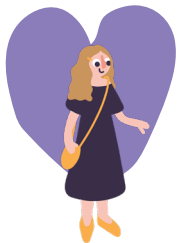
Anyone can have a ReSPECT plan. It will be particularly relevant for people who are most at risk of having a health emergency, for example, because of existing health issues.

A ReSPECT plan will also be helpful for people who are worried that their values and priorities may not be understood by the medical team looking after them in an emergency.



"The last time I was in hospital, the doctors didn't know the real me, so I'm glad my ReSPECT plan helps them understand what matters."

"It's reassuring to know everything is planned out before an emergency."



"It takes away the pressure from my friends and family to make these decisions for me."

The ReSPECT form.

The plan will be recorded by a healthcare professional after discussion with you.

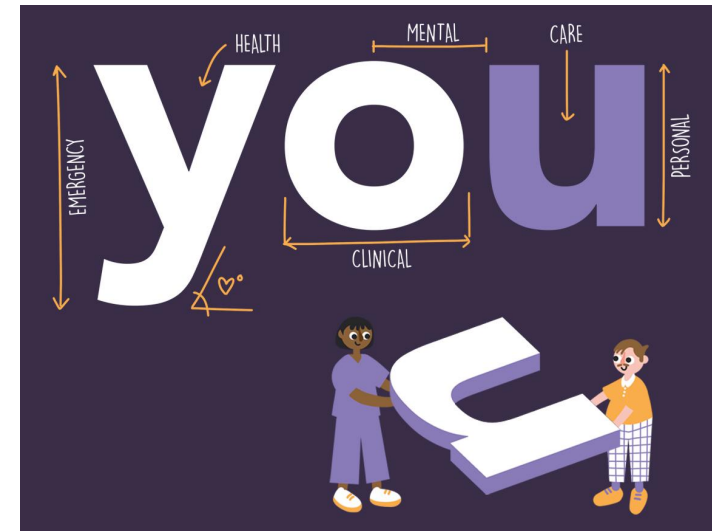
The diagram shows a vertical form divided into several sections, each with a label pointing to it:

- your details**: Points to the top section of the form.
- about you and your health**: Points to the section below 'your details'.
- priorities for care**: Points to a section with a blue bar.
- clinical recommendations for care**: Points to a section with a grid.
- cardiopulmonary resuscitation (CPR) decision**: Points to a section with a red bar.
- decisions about mental capacity**: Points to a section with a grid.
- emergency contact details and those involved in making the plan**: Points to a section with a grid.
- clinician details**: Points to a section at the bottom of the form.
- review details**: Points to the final section at the bottom.

You can find more information about ReSPECT on the Resus Council website: <https://www.resus.org.uk/respect>



Listening to put



at the heart of your emergency healthcare.

ReSPECT

Recommended Summary Plan
for Emergency Care and Treatment

What is ReSPECT?

ReSPECT is the

Recommended Summary Plan for Emergency Care and Treatment

In an emergency, healthcare professionals want to provide you with the best care, tailored to **your needs** as an individual. ReSPECT helps the healthcare team listen to what matters most to you, so that any emergency healthcare we provide fits in with your values and priorities.

A ReSPECT plan is created through **conversations**, in partnership with your healthcare professional.

ReSPECT

Creating a ReSPECT plan with your healthcare professional

Each journey through the ReSPECT process will be unique to you and your health care needs.

1. ReSPECT starts with an open and honest discussion with you about any health conditions you have; and what to expect from them in the future. If there are things you'd rather not know, please tell us at the start. You can choose who else you would like to be included in these conversations.
2. Your healthcare professional will listen to your priorities, the things you value most, and if there are things you fear or wish to avoid.



3. Based on this conversation, your healthcare professional will discuss with you recommendations for the care and treatment that will help most in a future emergency.

4. The ReSPECT plan is a record of this discussion. We create a digital version and give you a paper copy to keep.

5. The digital version of your ReSPECT plan is stored securely. It can then be accessed by emergency healthcare professionals responsible for your care.



6. You can ask for your ReSPECT plan to be reviewed or updated at any point. Your healthcare team can also suggest a review if they feel that might be helpful.