

Talking about Care Planning with RED–MAP

Ready	Can we talk about your health and care? Who should be involved?
Expect	What do you know ? Do you want to tell/ask me about anything? What has changed? What do you think might happen ?
Diagnosis	We know is... We don't know ... We are not sure about... Do you have questions or worries we can talk about?
Matters	What is important to you and your family? How would you like to be cared for? What would you like to be able to do ? Is there anything you do not want ? What would she say about this situation, if we could ask her?
Actions	What we can do is... Options that can help are.... This will not help because.... That does not work when...
Plan	Let's plan ahead for when/if.... Making plans for the future helps people get better care.