



UNIVERSITY OF
LEICESTER



Centre for BME Health



Health is Everyone's Business: **Plan Ahead**

'Health is Everyone's Business: Plan Ahead' is a guide to advance planning, to making decisions about an individual's personal welfare, property and financial affairs in advance of any future time when that person may be deemed to 'lack capacity' through the Mental Capacity Act. The guide explains what the Act says, why it is important to think and plan ahead and how, practically, to write an advance plan.

The booklet is important to everyone because losing mental capacity may affect any one of us in the future. Of course, it has particular relevance to people with an existing mental illness, learning disability, brain injury or other neurological and disability condition (e.g. dementia, stroke). It is important to note that if someone does not have an Advance Decision (Plan) in place and that person is deemed to lack capacity, the final decision on things such as medical treatment, property or finance, will be made by the relevant specialist, rather than the person – in advance through an Advance Plan – or someone of the person’s choosing.

Impact & Outcomes

- The booklet was produced as a response to patient and public feedback on the original document which was produced as part of a National Institute for Health Research (NIHR)-funded programme
- The revamping of the document involved members of the public, particularly members of the Community Learning Project (CLiP), the West Indian Senior Citizens Project (WISCP) and Leicester Ageing Together (LAT). The Centre for BME Health led focus groups and staff involved themselves in more informal individual and community engagement.
- Hard copies of the booklet have been produced and have been distributed at events hosted by the Centre for BME Health.
- Hard copies have also been distributed to individual organisations, e.g. GP surgery in Wolverhampton, CLASP The Carers Centre, Highfield Rangers Football Club, Leicester’s African Caribbean Centre, Conifer Residence for older people, Mango Tree Domino Club, Ansaar, St Matthews Centre, Somali Development Services, Alzheimer’s Society, Highfields Community Centre, Highfields Library, Stabana Cultural Products, Shama Women’s Centre, St Peter’s Health Centre and the Light House Church on Melbourne Road in Leicester.

- Promotion of the booklet has been extensive, particularly online and through social media. A pdf copy of the booklet is available to download on the CLAHRC East Midlands website:
<http://www.clahrc-em.nihr.ac.uk/clahrcs-store/health-everyones-business>)
- The booklet also featured on the News and Events page on the University of Leicester website:
(<https://www2.le.ac.uk/news/blog/2018-archive/may/new-booklet-gives-advice-on-mental-capacity-act>)
- Feedback has been overwhelmingly positive, with people commenting both on the user-friendly style, feel and look as well as the usefulness of the content.

Next steps

As part of the wider promotion and dissemination of the document, national mental health organisations are to be approached with a view to them featuring the booklet on their websites and/or through online newsletters.

Local promotion and dissemination will continue to occur, both in Leicester and, more broadly, across the East Midlands.

The Centre for BME Health is exploring the possibility through partnership working, of using the booklet as a basis for a training course.

“This is really good: I’ve been talking to someone who advises on wills and trusts and he agrees it would be very useful for a lot of people.”

Centre Manager, CLASP The Carers Centre

Please get in touch and find out more about what we can do to support you.
Visit the contact us page: www.ourhealthourway.org.uk/contact/

- Email us at: bmehealth-em@leicester.ac.uk
- Follow us on twitter: [@BMEhealthEM](https://twitter.com/BMEhealthEM)

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