

# Could you do with some support to make plans for later life?



Are you ready to make plans for your later life and could do with some help to organise your thoughts? Perhaps you are feeling unsure about where to start, or just need a nudge to get things crossed off your list so you can get on with life.

*Thanks to National Lottery funding, we can offer you free support with the My Future Care Buddy Service.*

## Is the My Future Care Buddy Service right for me?

Thinking about what matters to you regarding your future care, making decisions about your finances, ensuring loved ones know what's important to you so they're not left guessing later on... **there's a lot to plan for in later life.**

If you want the **peace of mind** that comes with knowing you have made plans for your later life, future care, end of life and beyond, this service is for you. You may have a life limiting condition, or simply want to be prepared for your loved ones' sake. After all, none of us knows what's around the corner.

## How does it work?

The My Future Care Buddy Service gives you the opportunity to **join a video call with a small group of people, or work with a Buddy on a one-to-one basis.** Either way, you'll work with a trained Buddy who will help you think about what's important to you and understand the steps to take.

Your Buddy will answer your questions, help you clarify your options and support you to overcome anything that is holding you back. You'll make a start on your personalised action plan and get a date in your diary for a follow-up call to discuss any new challenges and help you stay on track.

You can bring a partner, or if you are helping someone else make plans you can use the service together.

You will also receive a printed copy of the **My Future Care Handbook** with over 60 pages of practical information to help you make, record and share your decisions.

## How do I book?

Either visit [www.myfuturecare.org/buddyservice](http://www.myfuturecare.org/buddyservice) or send an email to [info@mycarematters.org](mailto:info@mycarematters.org) or phone us on **01403 210485.**



The My Future Care Handbook has over 60 pages packed with information to help you make, record and share decisions about your future. A one-stop shop for all things related to later life and beyond, from compiling a bucket list to writing a Will, from creating a music play list to considering where you want to live and/or be cared for if you need support, and much, much more.

This is a free service, thanks to support from



# What do people say about the My Future Care Buddy Service and My Future Care Handbook?

*The Zoom call with my Buddy was excellent. The warmth and calm she projects is very reassuring. I feel that I've got back up with the daunting task of preparing for the future.*

*Thank you for your understanding and guidance. After our session today, I got cracking and did a lot more. I was so absorbed, that the time flew by. You are doing a brilliant job and I very much appreciate it.*

*Very useful session, small group, can ask questions easily, the My Future Care Handbook is so detailed and takes you through every aspect of thinking and having your wishes documented for later life. Thank you.*



**Book your place with the My Future Care Buddy Service today!**

Either visit [www.myfuturecare.org/buddyservice](http://www.myfuturecare.org/buddyservice) or send an email to [info@mycarematters.org](mailto:info@mycarematters.org) or call us on 01403 210485.



***Then relax and enjoy the moment, knowing you have taken the first step towards making a plan for the things that matter to you and your loved ones in later life and beyond!***

## About us

The **My Future Care Buddy Service** is provided by **MyCarematters**, a not for profit social enterprise founded by award-winning advance care planning advocate, Zoe Harris. Our products and services are inspired by Zoe's personal experience of supporting her late husband. Our goal is to help people plan for tomorrow and live for today.

If you have any questions visit [www.myfuturecare.org/buddyservice](http://www.myfuturecare.org/buddyservice) or email [info@mycarematters.org](mailto:info@mycarematters.org)

