

# Talking about Care Planning with RED–MAP

<b>Ready</b>	Can we talk about your health and care? Who should be involved?
<b>Expect</b>	What do you <b>know</b> ? Do you want to tell/ask me about anything? What has changed? Some people think about what might happen if...
<b>Diagnosis</b>	What we <b>know</b> is... We <b>don't know</b> ... We are <b>not sure</b> ... I <b>hope</b> that, but I <b>am worried</b> about... It <b>is possible</b> that you might.... Do you have questions or worries we can talk about?
<b>Matters</b>	What is <b>important</b> to you and your family? What would you like to <b>be able to do</b> ? How <b>would you like</b> to be cared for? Is there anything you <b>do not want</b> ? What would ( <i>name</i> ) <b>say</b> about this situation, if we could ask them?
<b>Actions</b>	What we <b>can do</b> is... Options that <b>can help</b> are.... This <b>will not help</b> because.... That <b>does not work</b> when...
<b>Plan</b>	Let's <b>plan ahead</b> for when/if.... Making some plans in advance helps people get better care.