

## **Zoom Presentation: Planning Ahead - How to create a Coordinate My Care Plan**

**Thursday 24<sup>th</sup> September 2020, 11am to 12.30pm**

**Hosted by the Future Matters Service, a partnership between Gentle Dusk and Age UK Islington, funded by the NHS**

It's important that we all take time to think about and plan for how we would like to be cared for in an emergency but also in the future if we were to become unwell and unable to look after ourselves. This is important whatever age we are as none of us knows what the future might hold.

By planning ahead we can express who we are and what's important to us, in terms of our care and treatment, in case we can't make a decision for ourselves.

**The aim of this online presentation** is to enable you to record your care and treatment wishes in an electronic [Co-ordinate my Care](#) (CMC) Plan and to share and discuss this with your GP and those important to you.

In this presentation we will cover:

- What is Co-ordinate my Care (CMC)?
- Why would I want to create a CMC Plan?
- How do I create a CMC plan?
- How do I share and discuss my CMC plan with my GP?

**To book your place email:** [debbie@gentledusk.org.uk](mailto:debbie@gentledusk.org.uk)

You will then be emailed the Zoom link for the presentation.

More information about Coordinate My Care

Coordinate My Care (CMC) is an online urgent care plan used by Islington GPs.

A CMC Plan makes sure that your wishes are taken into account by everyone who might be involved in treating or looking after you, such as 111, your out of hours GP, the ambulance service and doctors and nurses in the Emergency Department.

You can initiate your own Coordinate My Care Plan via the myCMC portal (<https://www.coordinatemycare.co.uk/mycmc/>). Once you have completed your myCMC questionnaire, your press submit and your questionnaire will be sent to your GP practice. You then make a telephone appointment with your GP and they will complete your plan by adding your clinical details. Your plan is then approved and uploaded to CMC. Your plan is then available for all urgent care services to view when they need to.

A Coordinate My Care Plan can help us feel less worried and anxious about the future and help us feel more in control. It can also help those close to us know our wishes and therefore minimises the risk of conflict between those who have to make decisions on our behalf.