

Creating a Personalised Palliative Care Plan

For families in Chichester, Selsey, and Bognor Regis | Supported by [Choice Care 4U](#)

Introduction

Planning for palliative care can feel overwhelming, but having a clear plan helps reduce stress and ensures care aligns with your loved one's wishes. This guide will help you create a written palliative care plan that is personal, practical, and easily shared with all care providers.

1. Daily Care Plan Template

Name of Individual Receiving Care: _____

Date Started: _____

Primary Contact Person: _____

Daily Routines & Preferences

Time of Day	Routine	Notes
Morning		
Afternoon		
Evening		
Bedtime		

Mobility Support Needs: _____

Personal Comfort Items/Rituals: _____

2. Symptom Management Tracker

Symptom	Description	Frequency	Notes/Triggers	Actions Taken
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Pain				
Sleep				
Evening				
Appetite				

Current Medications & Schedule:

Medication	Dosage	Time of Day	Administered By:
Pain			

3. Emotional & Social Needs

Activities That Bring Joy:

Key Social Connections (People to Stay in Touch With):

Signs of Anxiety/Depression to Watch For:

Preferred Communication Style: (e.g., calm voice, visual cues)

4. Spiritual & Cultural Considerations

Spiritual/Religious Beliefs or Practices:

Cultural Considerations in Care or End-of-Life Wishes:

5. Crisis Intervention Plan

Recognised Signs of Emergency/Crisis:

Immediate Action Steps:

Key Emergency Contacts

Contact Person	Role	Phone Number

Hospitalisation Preferences (if any):

6. Care Review Log

Care Reviews should be scheduled regularly. Use this table to keep track of updates.

Date	What Changed	Review Notes	Actions Taken

7. Decision-Making Framework

Step 1: Assess Current Needs

Domain	Description of Need
Physical	
Emotional	
Social	
Spiritual	
Family Caregiver Support	

Step 2: Identify Preferences

Preference Area	Stated or Observed Preference
Routine	
Comfort Methods	
Religious/Cultural Wishes	
End-of-Life Choices	

Additional Notes & Reflections

Choice Care 4U provides compassionate palliative and home care services in Chichester, Selsey, Bognor Regis, and surrounding areas. [Visit our website](#) for more details.