

## **Older people Forum: managing the last years of our lives**

*What do we want from the medical profession during the last years of our lives? Control over how we are cared for, a greater likelihood of receiving treatment at home, and control over treatment if we are hospitalised? Most of us have no formal arrangements to ensure our wishes are taken into account. If we create an Advance Care Plan (or Living Will), medical staff must accept our wishes - could this provide the answer? Could this help relieve some pressure on our NHS?*

### **Programme**

1400 Welcome

1405 Short introductory talks – *chaired by Professor Dame Carol Black*

[Dr Jane Fleming](#): What can we learn about older age from population studies?

[Dr Zoe Fritz](#): Resuscitation decisions – the ethical view

[Dr Stephen Barclay](#): Care towards the end of life: still much room for improvement?

[Dr Phil Harttrop](#): How well can care at the end of life be organised? – the General Practice view

[Chris Belcher](#): The legal aspects of planning for older age

1500 Tea

1530 Discussion – *chaired by Dr Diana Wood*

1620 Summary – Dr Ben Underwood

1630 End

**Click on the names of the speakers to see their slides and [here](#) for a report of what was said at the Forum**

### Professor Dame Carol Black

Carol Black's career began as a clinical scientist in rheumatology, but then switched to wider aspects of health and welfare policy. She became President of the Royal College of Physicians, Chairman of the Academy of Medical Royal Colleges and Chair of the Nuffield Trust on health policy research. She has been a major influence on government policy as National Director for Health and Work and Expert Adviser to the Department of Health, NHS England and Public Health England. Currently she chairs the government's fast-track programme *Think Ahead*.

### Dr Stephen Barclay

Stephen Barclay is a GP and consultant in palliative medicine. He leads the multi-disciplinary Cambridge University Palliative and End of Life Care research group, which has a particular interest in General Practitioner and District Nurse provision of care, end of life care conversations and decision-making concerning treatment and intervention cessation in advanced disease. He leads the teaching of Palliative Care in the Clinical School and researches medical student education in the area.

### Chris Belcher

Chris Belcher is a partner in the firm of solicitors Mills & Reeve. He was involved in the consultation and drafting stages of the Mental Capacity Act 2000, which introduced into English law the concept of a living will. He has also been chairman of Solicitors for the Elderly, a national membership organisation for solicitors with a particular interest and expertise in advising older clients. He is married to a GP.

### Dr Jane Fleming

Jane Fleming moved into research from a clinical background in nursing, mainly with older people, through epidemiology training and a PhD on falls and their consequences in older old age. She has since co-ordinated the Cambridge City over-75s Cohort Study, the longest-running of several population-based studies of ageing run from the Public Health of Ageing Research Unit at the Cambridge Institute of Public Health.

### Dr Zoe Fritz

Zoë Fritz is a consultant in acute medicine and a Wellcome fellow in Society and Ethics. Her research is focussed ethical questions in clinical practice and applying rigorous analysis to explore them and find effective solutions. Her research on problems with Do Not Attempt Cardiopulmonary Resuscitation Orders has led to the development of an alternative approach to resuscitation decision making - the ReSPECT process - which is being implemented in many NHS Trusts.

### Dr Phil Hartropp

Before his retirement, Philip Hartropp spent over 30 years as a full-time GP working near Peterborough. In 1999 to forward his interest in end-of-life care he undertook the Postgraduate Diploma in Palliative Medicine, and then was the Cancer and Palliative Care Lead for Peterborough Primary Care Trust. On retirement, Philip served for 6 years as a Director of Dignity in Dying, an organisation that campaigns for assisted dying being made legal for the terminally ill who are suffering unbearably.

### Dr Ben Underwood

Ben Underwood is a consultant old age psychiatrist and clinical director for community services for older people in Cambridgeshire. He is interested in novel therapeutic approaches in dementia, particularly Alzheimer's disease and Huntington's disease. He is the clinical director of the Windsor research unit at Fulbourn hospital, which is dedicated to clinical studies in dementia. He is also a visiting researcher at the University of Cambridge Department of Psychiatry.

### Dr Diana Wood

Diana Wood is Clinical Dean and Director of Medical Education in the University of Cambridge School of Clinical Medicine and an honorary consultant physician in the Department of Endocrinology at Addenbrooke's. She was a Lecturer in Clinical Medicine at St Mary's Hospital Medical School, London

and later was appointed as Senior Lecturer, and then Reader, in Medicine and Honorary Consultant Physician at the London Hospital Medical College, subsequently Barts and the London School of Medicine, University of London.