

The background of the entire page is a photograph of a forest floor. The ground is covered with a dense carpet of small, purple-blue bell-shaped flowers, likely bluebells, interspersed with green grass. Numerous tree trunks of varying thicknesses and heights are scattered throughout the scene, some showing signs of moss or lichen. The lighting is soft and natural, suggesting a bright but slightly overcast day.

Planning Ahead

Thinking about your future

is important if you become unable to make decisions for yourself. You may wish to record your preferences and wishes for your care and treatment. This might include not having any treatment. It can help you and those who support you to understand what is important to you.

Your feelings and priorities may change over time. You can always change your mind.

There is no right or wrong way to do this. It may help you to use this document. You may wish to have a look at alternative ways of doing this and here are a few suggestions.

<http://www.nhs.uk/planners/end-of-life-care/documents/planning-for-your-future-care.pdf>

https://compassionindying.org.uk/wp-content/uploads/2014/11/IN09_Advance_Care_Plans_v2.1.pdf

https://www.alzheimers.org.uk/info/20091/what_we_think/767/decision-making_advance_care_planning_and_the_mental_capacity_act_2005/4

<https://theconversationproject.org>

Take your time and share this with those important to you.

Planning Ahead

There may be times in your life when you think about your future. It may be as a result of a life changing event and you might wish to make plans, just in case the unexpected happens. You may be the sort of person who likes to plan ahead.

Planning ahead gives you the opportunity to talk about your thoughts and wishes whilst you are still well or have become less well. It





Things you want people to know about you

You might like to include:

- What you like to be called
- What's important to you such as your family, home, work, beliefs
- Your likes and dislikes
- Your hobbies
- What gives you pleasure and meaning in your life

Things I want people to know about me

Your care and treatment preferences

The wishes you express are personal to you and can be about anything to do with your future care. If you become unable to make a decision for yourself this information can help those caring for you. For example:

- How you might want any spiritual or religious beliefs you hold to be reflected in your care
- The name of the person or people you wish to be consulted on your behalf if you are unable to make your own decisions

- Where you would like to be looked after if it is not possible to be at home
- Where you would like to be cared for at the end of your life and who you would like to be with you
- Your thoughts on different treatments and types of care that you might be offered
- By which gender you wish to be known
- Concerns about practical issues such as who will pay the bills or look after any pets you may have
- Don't do that to me: (TV on all the time)
- Please make sure: (I have my teeth in)
- Have you made previous decisions such as organ donation or resuscitation

My care and treatment preferences



Appointing someone to make decisions for you in the future

You may wish to legally appoint someone, or more than one person, to make decisions on your behalf if you are no longer able to do so. This person or persons may be a close family member, a friend or any other person you choose. You can decide who will have power to control your affairs and the precise limits of that power through a lasting power of attorney (LPA).

There are two types of lasting power of attorney (LPA).

Property and affairs LPA

Such a person(s) can make decisions about financial matters such as selling your home

or managing your bank account. They can do this as soon as the LPA is registered, even though you may still have capacity to make decisions. However, you can state that you only wish them to make decisions after you have lost capacity.

Personal welfare LPA

Such a person(s) can make decisions about your health and personal welfare, such as where you live, day to day care, or having medical treatments. A personal welfare LPA will only take effect when you lack capacity to make decisions

You may also wish to consult a solicitor to help you with this or you can do this online or print the forms from:

<https://www.gov.uk/power-of-attorney/overview>

The application must be registered with the Office of the Public Guardian in order for it to be valid and there is a fee. This may take a few weeks.



Advance decision to refuse treatment (ADRT)

If you feel strongly that there are some medical treatments you would not want to receive in certain circumstances, you can formalise your wishes in an ADRT. This is sometimes known as a Living Will.

An ADRT will only be used if you lose the mental capacity to make or communicate decisions about your treatment, for example if you have advanced dementia or are unconscious.

An ADRT:

- is legally binding - meaning that those caring for you must follow your instructions
- allows you to refuse treatment, even if this might lead to your death
- must be clear about the circumstances under which you do not want to receive specified treatment
- must be signed and witnessed and include a statement 'even if life is at risk'
- cannot be used to request certain treatment
- cannot be used to ask for your life to be ended

An example would be if a person had a severe stroke which resulted in swallowing problems. If the thought of being fed by alternative methods such as tube feeding was not acceptable then

this could be documented formally as an ADRT. In order to make an ADRT advice should be sought from someone who understands the complexity of the process, such as a member of your health care professional team, your GP/doctor or a solicitor.

You can change your mind about any of your decisions at any time provided you have the mental capacity to do so.

There are a number of websites where you can create your own ADRT, save it and print copies to give to your GP and any other person who may be involved in making decisions on your behalf.

For more information and help with this see:

<https://www.mndassociation.org/wp-content/uploads/2015/07/14a-advance-decision-to-refuse-treatment.pdf>

<https://compassionindying.org.uk/making-decisions-and-planning-your-care/planning-ahead/advance-decision-living-will/>

You may also use the following form which must be signed and witnessed.

Important note to the person making this advance decision to refuse treatment

This advance decision does not refuse the offer or provision of basic care, support and comfort.

If you wish to refuse a treatment that is (or may be) life-sustaining, please tick that this is your wish.

Advance decision to refuse treatment form

I am refusing this treatment even if my life is at risk as a result

My Name	
Address	
Date of Birth: / /	
NHS Number (if known)	

I wish to refuse the following specific treatments:	In these circumstances:

My signature	Date: / /
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Witness Name	
Witness Signature	Date: / /
Address of Witness	

I have discussed this with: Name (eg name of healthcare professional)	
Profession/job title	
Contact details	
Date: / /	

The following list identifies people who have been told about this advance decision to refuse treatment (ADRT)

Name	Relationship	Contact details



Here are some other things you might like to think about that will make life easier for others should something happen to you:

- Writing a will
- Documenting your wishes regarding your

social media accounts and what you want to happen to them after you die:

<https://digitallegacyassociation.org>

- Making sure someone knows about your personal and financial details
- Sharing your funeral wishes or plan

Let someone know your wishes and decisions

Name	Contact details