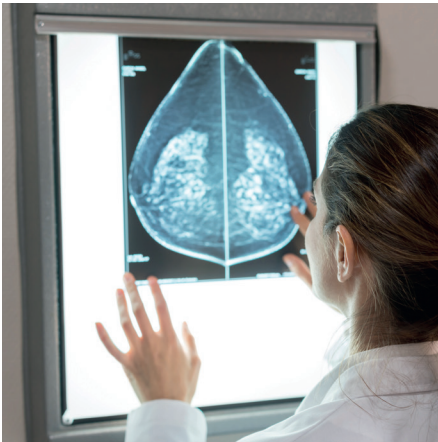




Key Benefits:

Freedom of choice – you can make the decisions now for yourself whilst you can still can

Religious beliefs – Maybe your religion prevents certain types of medical treatment, such as being given a blood transplant.

Saving your loved ones from making heartbreaking decisions – If you make these important choices now, your loved ones won't have to

When you are ill, you can usually discuss treatment options with your doctor and then jointly reach a decision about your future care. However, you may be admitted to hospital when unconscious, and you may be unable on a temporary or permanent basis to make your own decisions about your treatment or communicate your wishes



Institute of
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Advance Decision

An Advance Decision allows you to write down any treatments that you don't want to have in the future, in case you later become unable to make or communicate decisions for yourself. This can sometimes be called a Living Will or an Advance Directive.

This may happen, for example, if you have a car accident, a stroke or develop dementia. To use the legal term – you would 'lack mental capacity' to make an informed decision and/or communicate your wishes. In such situations, doctors have a legal and ethical obligation to act in your best interests.

One exception to this is if you have made an advance decision refusing treatment. If this decision is valid and applicable to the circumstances, medical professionals providing your care are bound to follow it – whether they think it is in your best interests.

What can I refuse?

- Cardiopulmonary resuscitation (CPR) if your heart stops
- Being put on a ventilator if you cannot breathe on your own
- Being given food or fluids artificially
- Antibiotics for a life-threatening infection

What can't I use an Advanced Decision for?

- Assistance to end your life
- Refuse to be offered food and drink by mouth
- Refuse basic care
- Choose someone else to decide about treatments on your behalf. You would need a Lasting Power of Attorney for Health and Welfare, if you wanted to do this.
- Demand certain treatments