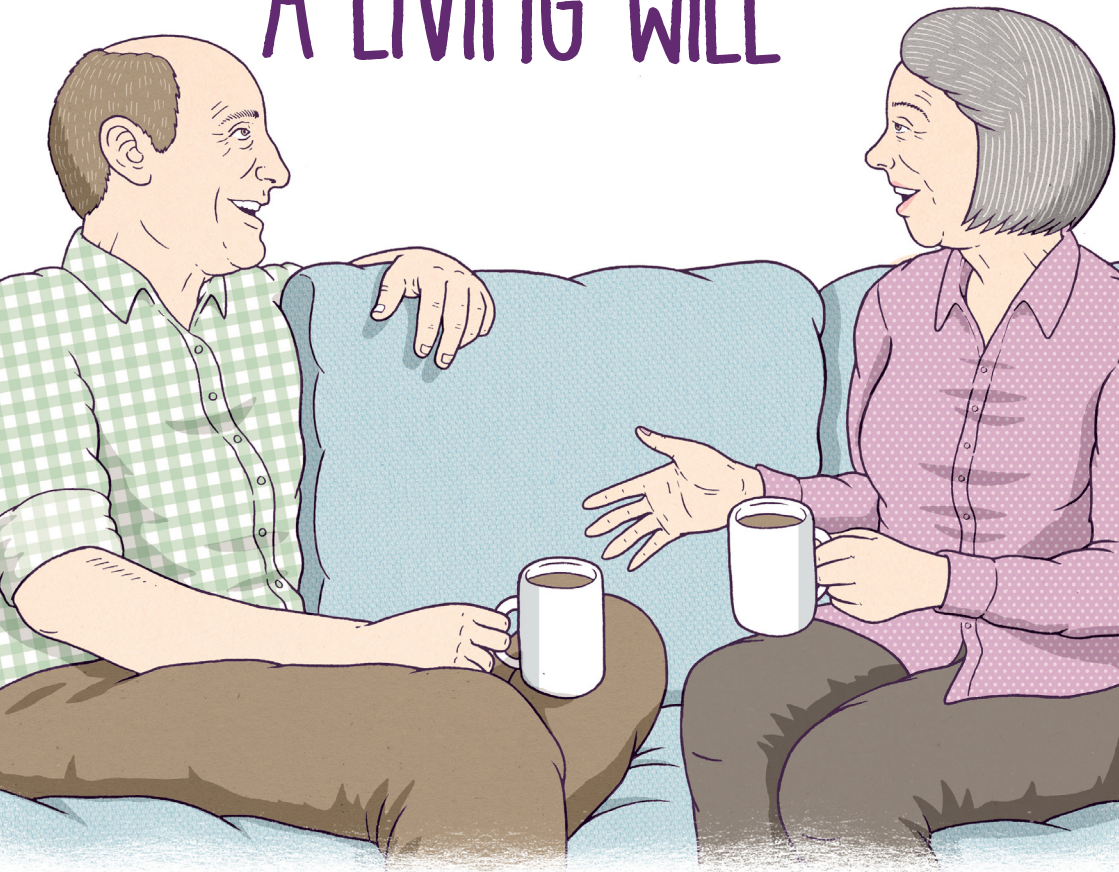


YOUR **FREE** GUIDE TO MAKING A LIVING WILL



WELCOME TO YOUR FREE GUIDE TO MAKING A LIVING WILL

We've had thousands of conversations with people who want to be in control of their healthcare and understand how planning ahead can help them. Many of the people we speak to find that making a Living Will gives them peace of mind – that's why we created this free guide. We hope you find it useful.

I am capable of making my own decisions and I want to be responsible for my care and treatment in the future.

With all of this done, I have greater peace of mind and I can keep myself focused on the things in life that I enjoy.



DID YOU KNOW?

Living Wills have changed – they're now called Advance Decisions.

Since 2007 Living Wills have been named Advance Decisions and are legally binding in England and Wales. So, as long as an Advance Decision meets certain requirements, doctors have to follow it. **Living Wills never had the same legal force.**

If you live in Scotland or Northern Ireland, an Advance Decision isn't legally binding in the same way, but a doctor should still take one into account when deciding how to treat you.

WHAT IS AN ADVANCE DECISION (LIVING WILL)?

An Advance Decision allows you to record any medical treatments that you don't want to have in the future, in case you later become unable to make or communicate decisions for yourself. **It will only be used if you can't make or communicate a decision for yourself.**

The full legal name is an Advance Decision to Refuse Treatment or ADRT. It's also sometimes called a Living Will or an Advance Directive.

An illustration of two Advance Decision forms. The top form is a 'Living Will' form, and the bottom form is an 'Advance Decision to Refuse Treatment' (ADRT) form. Both forms contain sections for personal details, medical history, and a declaration of the decision. The ADRT form has a section for 'Medical treatments I do not want' with checkboxes for 'Yes' and 'No'. The forms are shown at an angle, with the ADRT form partially overlapping the Living Will form.

WHY WOULD I MAKE AN ADVANCE DECISION (LIVING WILL)?

An Advance Decision is a direct communication between you and any doctor treating you. It allows you to speak for yourself even when circumstances prevent you from being able to. Making an Advance Decision can:

- Help you to make informed decisions in your own time by considering your options.
- Give you control over the care and treatment you receive, whether that is tomorrow or further in the future.
- Give you peace of mind that you have taken steps to make sure your wishes are known about, recorded and respected.

HOW DO I MAKE AN ADVANCE DECISION (LIVING WILL)?

We recommend you take these six steps:

1. Think about what you want and the situations in which you'd want to refuse certain treatments.
2. Speak to those close to you about your wishes.
3. Speak to your doctor. Your doctor can help you to understand your treatment options and the consequences of any decisions you make.
4. Fill in an Advance Decision form - we have forms and guidance you can use, all available free of charge.
5. Sign and date your Advance Decision form and get it witnessed. Your witness must also sign and date the form.
6. Make sure your GP and those close to you know you have made an Advance Decision.

That's it! There's no need to involve a solicitor.

THAT SOUNDS TRICKY, CAN YOU HELP?

Yes, there are lots ways we can help:

Free Advance Decision forms

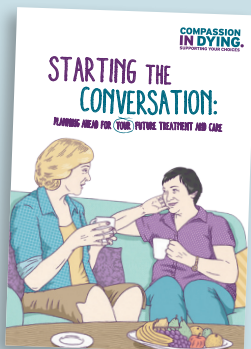
You can create your own Advance Decision using our website, which has been specially designed to help people plan ahead:

 www.mydecisions.org.uk 

We can also send you a paper form if you prefer.

Free factsheets and guides

We have a whole library of information available for free, including:



Starting the conversation

This booklet is designed to support you to talk about your wishes for care and treatment with your family, friends and doctor.

Planning ahead:

making choices for the end of life

This booklet will help you to understand your rights to make decisions about treatment and care. It covers a range of topics including how decisions are made if someone lacks capacity, how to plan ahead to ensure your wishes are followed in the future, your rights to make decisions on behalf of someone else and where you can be cared for at the end of life.



You can browse through all of our free publications online or ask us to send you one in the post: www.compassionindying.org.uk/library

QUESTIONS?

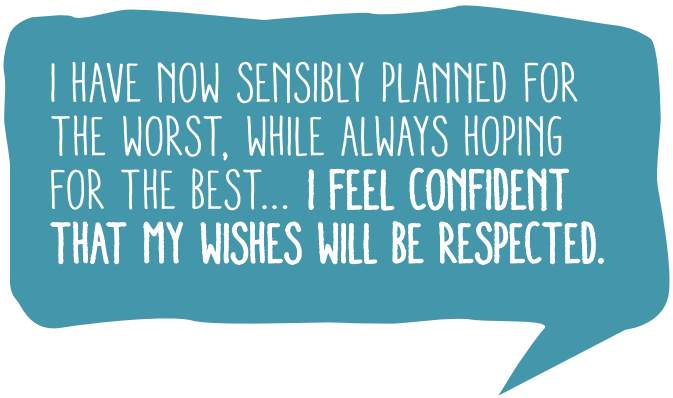
Feel free to drop us a line - call us for free on **0800 999 2434** or email us **info@compassionindying.org.uk**

ABOUT THIS GUIDE

This guide was produced by Compassion in Dying – we're a registered charity that helps people like you to make decisions about your healthcare. We hope that understanding your rights to make those decisions, and planning in advance, will give you peace of mind.

To find out more about us, visit **www.compassionindying.org.uk**

To create your own Advance Decision, visit **www.mydecisions.org.uk**



I HAVE NOW SENSIBLY PLANNED FOR
THE WORST, WHILE ALWAYS HOPING
FOR THE BEST... I FEEL CONFIDENT
THAT MY WISHES WILL BE RESPECTED.

SUPPORT OUR WORK

All our services are free for you to use, but if you are able to make a donation it will help us support even more people to plan for their treatment wishes.

You can donate online by visiting:

www.compassionindying.org.uk/support-us