WHAT IS AN ADVANCE DECISION?

An advance decision is a plan for what you want to happen in your health and social care if you become

- very ill or disabled
- or
- something happens that changes your life
And you can’t tell people what you want.

The plan will help the people supporting you when making decisions about your care.

THINK AHEAD

Think about what you want to happen with your health and social care.

You can ask for help from your family and carers to think about things like:

**Where you would like to be looked after?**

This might be at home, in hospital, in a nursing home or hospice.

**What you like or want?**

Think about what makes you happy, this might be things like

- I like to have a shower, but I don’t like baths
- I like to sleep with the light on
- I want my pets to be looked after by my family
SHARING YOUR PLAN
You can make a plan if you can make your own decisions. (Mental Capacity)

You can share your plan
  • In writing
  • By talking to your family, carers or doctors

You should look at your plan sometimes to see if you want to change anything.

ADVANCE DECISION TO REFUSE TREATMENT
This is a plan when you do not want treatment.
If you are very ill and are going to die you might not want any more treatment.
This is things like being fed through a tube, having your heart started if it stops beating.
This is called an advanced decision to refuse treatment (ADRT).
You need to speak to your doctors. This plan will have to be in writing and signed by you.
Someone else will be needed to sign the plan to say that the plan is yours and is what you want to happen.

Information
You can find more information here
www.leedsdirectory.org