



CNWL recovery
& wellbeing college
Hope • Control • Opportunity



Central and
North West London
NHS Foundation Trust

My advance statement of preferences and wishes



Name:



Wellbeing for life



Part five

Advance statement

This part of the plan is divided into three sections

Introduction

Section one:

Identifying when I may need the support of others

Section two:

Preferences and wishes for care and treatment options

Section three:

Review



Introduction

Sometimes the unexpected happens. And in these times it can prove hard for us to say what we would like to happen when difficulties arise.

This part of the plan is designed to help you plan in advance for those times, when you might need additional support. It is hard for any of us to think about a time in our lives such as this, but it is so important that our preferences and wishes are made known to others.

Hope. That even when we might not be able to advocate for ourselves, our wishes and preferences will be known, and we will be supported in a way that feels right and safe for us.

Control. It gives us the chance to still stay in the 'driving seat of our life' at a time when it is difficult for us to make our wishes known.

Opportunity. To discuss and explore our options, in advance, with those people who are in a position to support us.

"Planning is bringing the future into the present so that you can do something about it now"

Alan Lakein

What is an 'Advance Statement'?

If you have a health condition, you may be worried that in the future you will not be able to make decisions for yourself. It can be helpful to plan in advance and discuss with others what your preferences and wishes are for care, support, and treatment. An Advance Statement may cover medical and non-medical matters.

Some people choose to keep a record of how they would like to be treated, or not be treated. When someone makes this kind of request or refusal, it is called an 'Advance Statement'.

NB: an Advance Statement is not legally binding, but anyone who is making decisions about your care must take it into account.

Completing: Part five

This plan is intended to be versatile and how you complete it is up to you. It is your plan, and so you can choose whom you would like to share it with.

It is better to start working on the plan in advance, when you are feeling reasonably well.

It is important to share this part of the plan because it guides people as to what you would like them to do, if you are unable to tell them. It is also important to make people aware of this plan

This part of the plan may take time to develop, but it can be a very useful tool. It can give you the chance to discuss and explore your wishes in advance and to negotiate care and treatment options with health professionals.

This plan is a guide that you may find helpful, but you could develop your own format to record similar information.



Section one

Identifying when I may need the support of others

We are all unique and we will all have different signs that indicate the need for someone to implement this plan. Sometimes it can be the people that know us best that might be the first to notice.

This section gives you the opportunity to think in advance, how would you, or others, know that you need extra support? What might you need people to do for you? Is there anything that would feel helpful?

The plan can help you stay in control at a time when everything might be feeling out of control.



Use this section to think about the sort of things you would notice, which would indicate that you needed extra support.

'Things' might include how you are feeling, or behaving, for example, not wanting to leave the house, not feeling in control, everything feeling hopeless.

What things might I notice that would indicate I need extra help and support?

Sometimes it is the people that know us best who might notice things first.

Is there anything that those close to me might notice? Some people find it really helpful to ask them

Is there anything that I might be worried or frightened about that would be helpful for people to know?

It can be helpful to think about some of the things that people could do, that would help you to feel safe and comfortable.

What things help me feel calm and safe?

Is there anything that I might be worried or frightened about that would be helpful for people to know?

What might you need people to do?

Often it is likely that you will need different people to do different things. It is important to identify one person however, who can take overall responsibility.

The person that I would like to act on my behalf and take overall responsibility in promoting my wishes, if I am unable to is:

Name	Relationship to me	Contact details

The person that I would like to be contacted in an emergency, for example, if I am admitted to hospital) is.

Name	Relationship to me	Contact details

Think about any practical concerns or issues that it would be very important for people to support you with, or you might be feeling worried about, for example, who will look after your home, your pets, your bills, work?

What practical concerns or issues would I need support with?

In terms of the issues that I have identified, what do I need people to do for me?

What might I need people to do?	Who could do this for me?	Their contact details

Sometimes there are things or people we have found less helpful when we are having difficulties, it is important to identify these things too.

Is there anything that I would find unhelpful including things I have found to be unhelpful in the past?

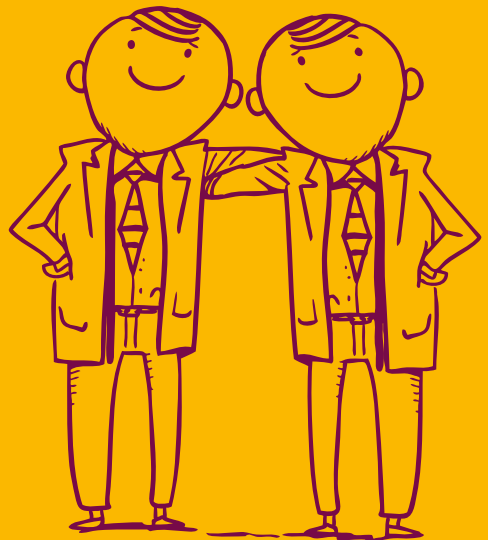
Is there anyone that I would prefer not to be involved?

Section Two

Preferences and wishes for care and treatment options

This section gives you the opportunity to think about and discuss your preferences and wishes for care and treatment options in advance.

In terms of the support that you get from your healthcare team it can give you the opportunity to discuss and negotiate the care treatments.



You may already have a healthcare team involved.

If you do it can be useful to write their contact numbers here. Is there an out-of-hours emergency number?

Person	Contact number	Emergency contact number

The health professional(s) who I have discussed this plan with:

Person	Contact number	Emergency contact number

It can be helpful to think in advance about the things that are really important to you in terms of your care and treatment; this could be a preferred place of care, responsibilities that you have i.e. a parent or carer. For example, what information is OK to share about you with others?

In terms of my care and treatment these are the things that are really important to me

Do I have any medical conditions that people need to be aware of?

Is there anything that you feel it is important for people to know i.e. you might be hard of hearing, if English is not your first language, how would you prefer to be addressed, dietary requirements?

Is there anything that I need people to know?

Do I have any religious or spiritual beliefs that I would like reflected in my care and support?

Are there any organisations or contact numbers of organisations where I usually get this support from?

If you take or need to take medication:

Medications that I am currently taking

--

Allergies and allergic responses to medications

--

Additional medications I would prefer if these become necessary and why I would choose them

--

Medication that would be acceptable to me but I would prefer to avoid if possible

Medication I do not want to take:

Type of medication	Reasons I would prefer not to take it
---------------------------	--

You may have received treatment and support in the past that you found helpful, for example, counselling, complementary therapies, etc.

Support and treatments that I have found helpful in the past / or that I would like to try

--

Treatments that you have found to be less helpful in the past

--

Use this space to write anything that is important to you that has not be covered already or that you want to use as a reminder

Section three

Review

It is very important to review your Advance Statement and update it as the need arises, so that it always reflects your current preferences and wishes.

It is important to remember that we don't have to get everything right straight away, part of rebuilding our lives is to never stop learning and growing.

It is also important that people have an up-to-date copy of the plan.



This plan was developed on:

.....

It has been reviewed on:

.....

In the case of an emergency or a time when you may not be able to advocate for yourself, it can be helpful to plan in advance and discuss with others what your preferences and wishes are for care, support, and treatment.

My Advance Statement is held by / with:

Name:

Contact Details:

.....

.....

.....

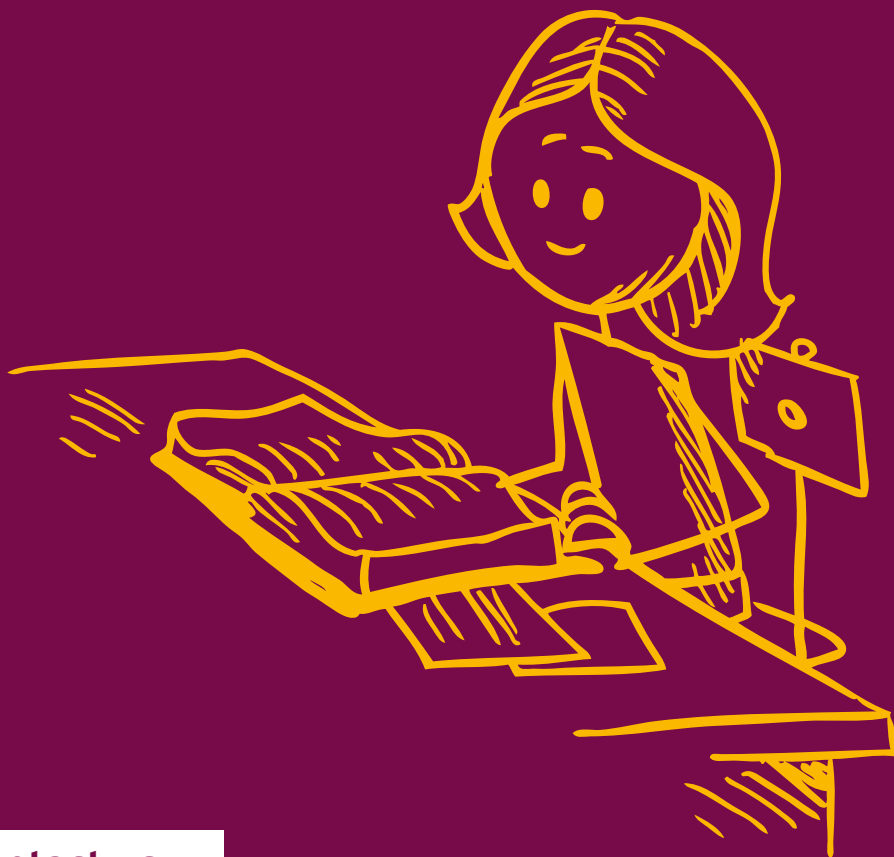
Things that I need to review and update

Glossary of words you may come across:

Advance decision is a decision you can make now to refuse a specific type of treatment at some time in the future. It lets your family, carers and health professionals know whether you want to refuse specific treatments. This means they will know your wish if you are unable to make or communicate those decisions yourself. They are legally binding.

Advance Statement is a written statement that sets down your preferences, wishes, beliefs and values regarding your future care. An Advance Statement is not legally binding, but anyone who is making decisions about your care must take it into account, if you are not able to tell them.

Lasting Power of Attorney is anyone who is aged 18 or older who has the mental ability to make decisions for themselves and can arrange for someone else to make these decisions for them in the future. This legal authority is called Power of Attorney.



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هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish