

## Advance Directives

Advance Directives are a statement about what you would like to happen in the event that you lose the capacity to take informed decisions about your own medical care and is designed to provide reassurance to a person worried about their future healthcare. When healthcare professionals are faced with difficult decisions about what treatment or care to give, an Advance Directive will provide the best possible guide, and help to ensure that your wishes are taken into account.

Preparing an Advance Directive can open up a dialogue with doctors and nurses that might otherwise be delayed until it is too late. The process can stimulate conversation with family and close friends, relieving them of some of the burden of decision-making at what can be a distressing time. Because an Advance Directive concerns healthcare, we strongly recommend that you discuss it with your GP before drafting it.

An Advance Directive enables an individual to think about what they would like to happen to them in the event that they lose the capacity to take informed decisions about their care, such as: -

- the use of intravenous fluids and parenteral nutrition
- the use of cardiopulmonary resuscitation
- the use of life-saving treatment in specific illnesses where capacity or consent may be impaired such as brain damage, perhaps from stroke, head injury or dementia
- specific procedures such as blood transfusion for a Jehovah's Witness

An Advance Directive cannot be used to: -

- refuse treatment if the person has capacity to give or refuse consent to it
- refuse basic nursing care for your comfort such as washing, bathing and mouth care
- refuse the offer of food or drink by mouth
- refuse the use of measures solely designed to maintain comfort such as pain relief
- demand treatment that a healthcare team considers inappropriate
- refuse treatment for mental disorder if the person is or is liable to be detained under the Mental Health Act 1983
- anything that is against the law such as euthanasia or assisted suicide

An Advance Directive is a statement of your wishes and cannot be overturned unless: -

- you have signed a Lasting Power of Attorney appointing a Health and Welfare Attorney after the Advance Directive has been signed, and have given authority to the Attorney to accept or refuse treatment to which the Advance Directive relates
- you revoke it yourself at any time when you have the required mental capacity
- you made your Advance Directive at a time when you did not have the required mental capacity
- you were unduly influenced by others to make an Advance Directive

**Planned Succession Limited - Suite 6, 43 Bedford Street, London WC2E 9HA.**

**Switchboard : - 0203 303 0963**

**Email: - [info@planned-succession.com](mailto:info@planned-succession.com)**

**Web: - [www.planned-succession.com](http://www.planned-succession.com)**