

Advance decision (Living will)

Date: [date]

I am: [your name]

of: [your full address and post code]

My date of birth is: [date]

My NHS number is: [number]

1. I write this document to instruct my family, any medical professional

2. I am of sound mind and full understanding as

3. So far as I send this document to my relatives and certain medical professionals, I hereby authorise every medical

[/ / / /]

4. When it becomes necessary to make a decision as to

5. If I have lost capacity, then you have a legal

6. Regardless of this document, I ask that you always

[]

7. I now make

7.1 If I shall have ;

7.2 If I become permanently unconscious

;

7.3 If I enter a persistent state of limited awareness of my environment

[[,
:
],
];

7.4 If I [enter details

]

and I am

:

Then I ask that two medical practitioners, [

],

8.

9.

SIGNED by me, [your name] on this date: _____

Witness statement

[/

,
/] . [

[Witness name]

[Witness address]

[Witness signature]

Guidance notes:

Advance decision (Living will)

General background

Advance decisions used to be called living wills. They are sometimes also called advanced directives. They allow you to refuse life-sustaining treatment should you no longer be able to make decisions about your healthcare. They are usually used when your condition is likely to be

While you may also request life-sustaining treatment, no matter what your prospects of recovery, doctors do not have to respect these requests. They

When to write a living will

You can make a living will at any time provided you are over 18 years of age. You do not need to have, or suspect you have, a medical condition or be close

So as to prevent your advance decision being challenged, it is important that no-one can claim that you were influenced in your decision to make it by anyone else - particularly by anyone that might stand to benefit from your death. It is therefore advisable that you don't discuss your living will with family or friends before you have signed it under witness.

You do, however, need to have mental capacity - to understand, remember and make use of information relating to your decision and the consequences of it. A medical doctor is the best person

Therefore, we recommend that your GP or another doctor that knows you acts as

What can't you specify in an advance decision?

You can't use a living will to:

- ask for specific medical treatment, such as use (or not)
- request help to die (whether by assisted)

- nominate someone else to take decisions on your behalf about what

Document specific notes

1. Leave this paragraph as is.
 2. Leave this paragraph as is.
 3. This paragraph is about your capacity to make an advance decision now. It allows medical practitioners such as your GP to discuss your medical condition and, importantly,

/
 4. This paragraph is a reminder that a loss of the ability to communicate does not equate
 5. This is a reminder to carers, doctors and other medical staff that your advance decision is legally binding and that they
 6. This paragraph asks that you be cared for regardless of your circumstances. We advise
 7. This paragraph is the essence of the document. Use any or all of the first three paragraphs or add your own exact decisions by reference to particular conditions or the injuries or diseases which might or already do, affect you. You

" " "
- Note that in paragraph 7.3, "basic tasks" does not have a legal
8. This is an important statement as to your decision. Do
 9. This is an optional. Leave

Witness statement

At least one other person must

Since the witness may have to state later that he thought that you had mental capacity to make the decision, the best witness is usually your GP or another doctor who

It is important that the witness has nothing to gain from your death,

The witness statement is not a

The witness

You do not need more than

What to do with your document once written

Unless the people responsible for

You should

- Your GP
- Your next ()
- Your carer (if any)
- Your specialist ()

Make a note on the photocopies (hand writing)

Reviewing and updating your advance decision

There is no need to

If you do want to remake it,

We don't advise that

End of notes