

WHAT IS A LIVING WILL?

It consists of two parts

Advance Statement of preferences and wishes

(not legally binding)

Advance Decision to refuse treatment

(This is a legally binding document and must be respected)

The Benefits of a Living Will

For the individual

- Explore worries about end of life care
- Gives peace of mind
- Plan for emergencies before they arise
- Ensure no over-treatment

For the family

- Prevents conflict between siblings
- Saves the family anguish in a crisis
- Knows the family has done its best



For carers, nurses, doctors & residential staff

- Better knowledge of patient
- Develop constructive plans
- Empowered to deliver better care
- All staff working towards same goals
- Less conflict



An advance statement contains preferences and wishes

e.g. I hope my hair could be done weekly.
I value the possibility of an outing
every week.

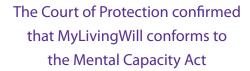
An advance decision sets out when and which treatments can be refused

e.g. If I develop a life threatening infection, I don't want treatment that may prolong my life.

If my heart stops, I do not want to be resuscitated.



MyLivingWill is a charity number 1172856



MyLivingWill has created a module for eLfH (Health Education England)

MyLivingWill was selected by NESTA as a New Radical 2016



For more information visit www.mylivingwill.org.uk



A
Living Will
for
Advance
Care
Planning