

# 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



## 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)

## 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



Plan now for choice & control at the end of life

## 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 costs £10



MyLivingWill is a  
charity number 1172856



The Court of Protection confirmed  
that MyLivingWill conforms to  
the Mental Capacity Act

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](http://www.mylivingwill.org.uk)



# A Living Will for Advance Care Planning

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