



Support sheet – Advance Statements

Description

An advance statement allows you to make general statements, describing your wishes and preferences about future care, should you be unable to make or communicate a decision or express your preferences at the time. You may want it to reflect religious or other beliefs and important aspects of your life.

Key Elements

- Allows the person to write down anything that is important to them
- Helps to support decisions if the person becomes unwell and needs care or medical treatment
- Includes information that is important to the person, but doesn't cover refusals of medical treatment (See Advanced Decision to Refuse Treatment)
- An advance statement is not legally binding but those making a 'best interests' decision on behalf of the person should take its contents into account if they cannot say what they would like
- Ensure that an advance statement is readily accessible in the event of a crisis
- An advance statement cannot:
 - legally ensure a person gets their preferred treatment
 - stop the person being sectioned under the Mental Health Act
 - stop the person being treated against their will if they are sectioned under the Mental Health Act
- An advance statement can be written in any format, but there are many different templates and pro-formas available, such as 'Preferred Priorities for Care', 'My Wishes', 'My Decisions'. Many areas have a local variation

Associated links/documents

Advance statement about your wishes - End of life care:

<https://www.nhs.uk/conditions/end-of-life-care/advance-statement/>

My Living Will (Advance Statement builder): <https://www.mylivingwill.org.uk/as-examples-chronic-illness#:~:text=When%20I%20get%20the%20next,are%20in%20my%20Advance%20Decision.%22>