

ADVANCED DECISION TO REFUSE TREATMENT

An Advance Decision to Refuse Treatment (ADRT) is a legally binding instruction from you to your medical team. Anyone who is over 18 years of age, and has the mental capacity to do so can make an advanced decision.

It sets out the medical treatments you wish to refuse in the future or when you want a particular treatment stopped. It only becomes legally binding and relevant when you do not have capacity to make decisions. It is important that you consider your decision carefully and talk to your doctor or nurse as refusing a particular treatment may mean that you are putting your life at risk. They will be able to inform you of the benefits and potential risks of the decision you are thinking about.

WHAT TO DO IF YOU ARE INTERESTED IN ACP

This information may seem confusing. How do you know which document you should use or how to start the process? Please talk to a member of staff about this and they will signpost you to someone who can help find the right advance care plan for you. We want to support you to take control of your future care and make sure your voice is heard, even when you are unable to speak for yourself.

If you would like this information in an alternative format, or if you need help with communicating with us, please let us know. You can call us on 01708 435 454 / 020 8970 8234 or email bhrut.pals@nhs.net. If you are deaf or unable to communicate with us using telephone or email, we have a text service which can be contacted on 07800 005 502.

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Advance Care Planning



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TAKING
PRIDE
IN YOUR
CARE

LIVE WELL AND DIE WELL

There are important decisions you can make about your future care that can be really positive and impact your life and those you care about.

HAVE YOU THOUGHT ABOUT...

- Making a will?
- Planning your funeral?
- Appointing a Lasting Power of Attorney for health and finances?

TELL YOUR LOVED ONES YOUR WISHES

- Talking about dying isn't easy but it can allow you and those close to you to get on with making the most of life
- Do discuss your wishes with those close to you
- Keep important documents about your wishes in a safe place and let loved ones know where they are

WHAT CAN YOU DO?

Advance care planning (ACP) is a voluntary process of discussion about future care between an individual and their care providers, friends and family.

These discussions can be documented, reviewed regularly and communicated to key persons involved in your care.

Decisions are made and documented when you have capacity and only come into effect when you no longer have the capacity to make decisions for yourself.

URGENT CARE PLAN (UCP) YOUR CARE, YOUR WAY

Research has shown that many people are being admitted to hospital in the last few weeks/days of life and are dying in hospital rather than the comfort of a care home or their own home.

Discussions about where you want to be looked after at the end of life helps you, your family or carer and your doctors decide what will be the best plan for your care. This may include feeding, treatment for infections and whether returning to the hospital might be of benefit or a potential disadvantage to you.

UCP is an electronic personalised care plan that can be made available to all health care professionals involved in your care.

This is the most up to date way to make sure the people caring for you know your wishes. This includes the ambulance service, your GP and community nurses.

Together with your clinician you can record your preferences and wishes, ensuring that you are at the heart of decisions about your future care.

You will only join the UCP service and have an Urgent Care Plan once you have given your consent.

Your doctor or nurse caring for you can help you create a record.

LASTING POWER OF ATTORNEY

This is a legal document which is completed by you to appoint one or more people to make decisions on your behalf. This document is registered by the office of The Public Guardian. This document is only valid when it has been assessed that you no longer have the mental capacity to make your own decisions.

It has two parts and a patient may have done one or both

- Health and welfare- the power to make decisions about medical care.
- Property and financial affairs – gives an attorney authority to make decisions about property or financial affairs.

For more information see

www.gov.uk search -power-of -attorney