



My Life, My Decision is run in partnership by
Compassion in Dying and Age UK Oxfordshire

HOW DO I GET MORE INFORMATION?

Please do get in touch if you have any questions or would like to book an appointment to talk to us.

Penny Beerling

Age UK Oxfordshire (charity number 1091529)

Call 07800 813305 or leave a message on 01235 424715

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www.compassionindying.org.uk

PLAN AHEAD.

At some point in the future you may be unable to make decisions for yourself about your health or care. We can help you to plan ahead to ensure you get the treatment that's right for you if you cannot speak for yourself.





My Life, My Decision can provide free support to help you understand your choices and to plan ahead for your future treatment and care.

WHY IS PLANNING AHEAD IMPORTANT?

If you have ideas about what kind of treatment you would or would not want if you didn't have capacity, then planning ahead will help to ensure your wishes are followed.

We can help you to record your wishes in a legally binding way. We can support you to make an Advance Decision, Advance Statement and a Lasting Power of Attorney for Health and Welfare.

HOW CAN YOU HELP ME?

We can talk to you over the phone or face to face, at a place where you feel comfortable, and provide you with practical support and information to:

■ Make an Advance Decision

An Advance Decision to Refuse Treatment (commonly known as an Advance Decision) allows you to make a legally binding refusal of treatment in advance of a time when you cannot communicate your wishes or do not have the capacity to make a decision for yourself. It is sometimes called a Living Will or an Advance Directive.

■ Make an Advance Statement

An Advance Statement is a general statement of what you want and what is important to you. It can contain any information you feel is important for others to know, such as your food preferences, religious beliefs or daily routine. It helps people involved in your care to understand what is important to you if you cannot speak for yourself.

■ Make a Lasting Power of Attorney for Health and Welfare

A Lasting Power of Attorney for Health and Welfare allows you to give someone else the power to make any decision about your health or care, in case you become unable to make decisions in the future. The person you choose (your Attorney) can make decisions such as refusing medical treatment, where you are cared for and day-to-day things such as your diet and dress.



48%

OF PEOPLE WRONGLY BELIEVE THAT FAMILY MEMBERS HAVE THE RIGHT TO MAKE HEALTHCARE DECISIONS ON THEIR BEHALF IF THEY DON'T HAVE THE CAPACITY TO MAKE THEM THEMSELVES

“ The Advance Decision will take the responsibility out of the hands of my loved ones. They and the doctors know what my wishes are, and will be spared having to make terribly difficult decisions.”

SARAH, CAMBRIDGE