

Easy read

How to tell us your wishes



You can tell your healthcare team and people important to you what you want in different ways.

Advance statement



An **advance statement** is a plan for your future care. It says how you want to be looked after if you get sick.



A health professional can help you make this plan.



It tells people who care for you what you want.

Advance decision to refuse treatment



You may not want some medical treatments. Sometimes you can say no to them before they happen.



Your healthcare team checks you understand what may happen if you say no to the treatments.



You can sign a paper called an **advance decision to refuse treatment**.



This is a legal paper. People who care for you must follow what it says.

Lasting power of attorney



If you get sick, you might not be able to make your own choices.



Sometimes you can let someone you trust make choices about your care.

This is called having a **lasting power of attorney**.



You need to fill in a form and say who you would like to make choices for you.



Someone needs to check you understand what a **lasting power of attorney** is and want one.



Your chosen person can only decide for you if you are too sick to decide yourself.



You can share the plan with your GP or other health professionals caring for you.

Universal Care Plan for London



If you live in London, you can have your wishes put in a **Universal Care Plan**.



People who look after you in an emergency can see your **Universal Care Plan**. This may include

- the ambulance service
- GPs or other doctors who do not know you

Speak to someone



If you want to record your wishes, speak to your healthcare team.



They can answer any questions you have.



They can help you make special papers to tell people what you want.

