

# Advance Statement Guidance

## What is an Advance Statement?

An advance statement is a document that you write when you are feeling mentally well. In the document you describe what you want to happen if you become unwell.

## What can an Advance Statement do for me?

*An Advance Statement can:*

- let staff know what care/medications work for you and which ones don't work
- let staff know about any physical health needs or disabilities
- help things run smoothly while you're ill e.g. benefits, bills, work, children, pets

## What can't an Advance Statement do for me?

*An advance statement cannot:*

- legally ensure you get your preferred treatment
- stop you being sectioned under the Mental Health Act
- stop you being treated against your will if you are sectioned under the Mental Health Act.

## About completing your advance statement

*It is best to get a doctor or Care Coordinator to help you with your advance statement so that:*

- they can give you advice and information about available treatments
- you can agree care and treatment with them in advance
- they can ensure your advance statement is recorded on Leeds and York Partnership Foundation Trust's systems and accessed by staff when needed
- you can agree with you how and when to review your advance statement
- your advance statement should be easy to access in a crisis. It should be clearly labelled and you should give a copy to any close friends and family members who might support you in a crisis.

**You should review your advance statement at least every year.**

## Advance Decisions to Refuse Treatment

You can also create a legally binding document when you are mentally capable to refuse specific medical treatment, for a time in the future when you may lack mental capacity to consent or refuse that treatment. This is called an Advance Decision. An Advance Decision can refuse treatment for a physical or mental issue. A refusal of treatment for mental disorder can be overruled by the Mental Health Act. Before creating an Advance Decision you should discuss it with your psychiatrist or GP. You may also wish to seek legal advice.

**This form is meant to be a help, so you should only fill in those parts that you wish to.**

# Advance Statement Guidance

## **Example of an Advance Statement**

Name.....

Address.....

Email.....

Phone number.....

**I am willing / NOT willing for this document to be entered onto the records of the Leeds and York Partnership NHS Foundation Trust.**

List below who will hold a copy of this document or where else it can be found:

.....  
.....  
.....

## Care and Treatment

### **Prevention**

a) The signs of me becoming ill are:

Not sleeping/sleeping too much; loss/increase in appetite. Wanting to withdraw from people, crying

b) How people can help me during this time:

Being more supportive, emphasising my strengths. don't patronise me.

### **Care and Treatment**

a) My preferences about medical treatment and concerns are:

No medication or, and an increase in medication. I want to be spoken to not isolated.

b) In the past, the following has worked well for me:

Increasing my anti depressants, having Psychology input. Having friends and family to support me

c) In the past, the following has NOT worked well for me:

Mood stabilisers as I gain weight. Not having someone to talk to

### Personal and Social Statement

1) If I become unwell or am admitted to hospital I WOULD like the following people to be informed:

Name.....

Phone number(s) .....

Email address .....

Address .....

2) If I become unwell or am admitted to hospital I WOULD **NOT** like the following people to be informed:

Name(s)                      Beryl

Relationship to me: Aunt

3) I would like to name the following person to act as an advocate for staff to consult with if I am unwell:

My partner John

4) My wishes about the people I care for are:

My children will be looked after by my parents/partner

5) My wishes about my pets are:

My neighbour Sue to look after my dog

6) My wishes about my housing / home care are:

I need help keeping the house clean as well as having all my repairs dealt with.

I would like help with cooking too

7) My wishes about financial matters are:

My partner to sort out all my finances as I tend to overspend.

8) My other wishes, not covered above, are:

Please talk to me and listen to what I have to say, treat me with dignity and respect

**Declaration**

I, ....., declare that this document has been completed by me or by someone in accordance with my wishes.

Date.....

In completing this advanced statement I have discussed this with: my CPN

Copies have been sent to: Psychiatrist/GP/partner/friend

Betty

If I become incapable of expressing my choices due to mental health problems, I want this document to be referred to as an expression of my choices

It is my understanding that this document will be followed wherever possible and that if my choices are not followed that I will be provided with a valid explanation of why this happened.