

5 Things to Help Talk About...

...Advance Decisions



Short Read: Advance Decision (living will) [NHS Website]

<https://www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/>

A concise overview of what an Advance Decision is and where to find further information.



Long Read: Advance Decision (Living Will) Pack [Compassion in Dying]

<https://compassionindying.org.uk/library/advance-decision-pack/>

A pdf for you to download and complete. It "... contains an Advance Decision form and comprehensive guidance notes explaining everything you need to know to complete it."



Listen: Clinical Law Southampton (CLAWS) Advance Decisions

<https://soundcloud.com/clinicallawsouthampton/advance-decisions>

This is a short podcast that gives a real-life example of someone who had signed an Advance Decision before becoming incapacitated and the intervention of the courts in determining what she most likely would have wanted. (approx. 7 mins)



Love Is Not Enough [Advance Care Planning Australia]

<https://www.youtube.com/watch?v=hsZ287okl8c>

An Advance Decision can only work if people know about it. Having the conversation about which treatments you would like, and which you would refuse is paramount, as this short 5-minute video highlights so well.



Organisation: Advance Decisions Assistance

<https://adassistance.org.uk/>

A small grass-roots organisation dedicating to providing the information needed to make an Advance Decision as well as providing individuals with 1-2-1 help.