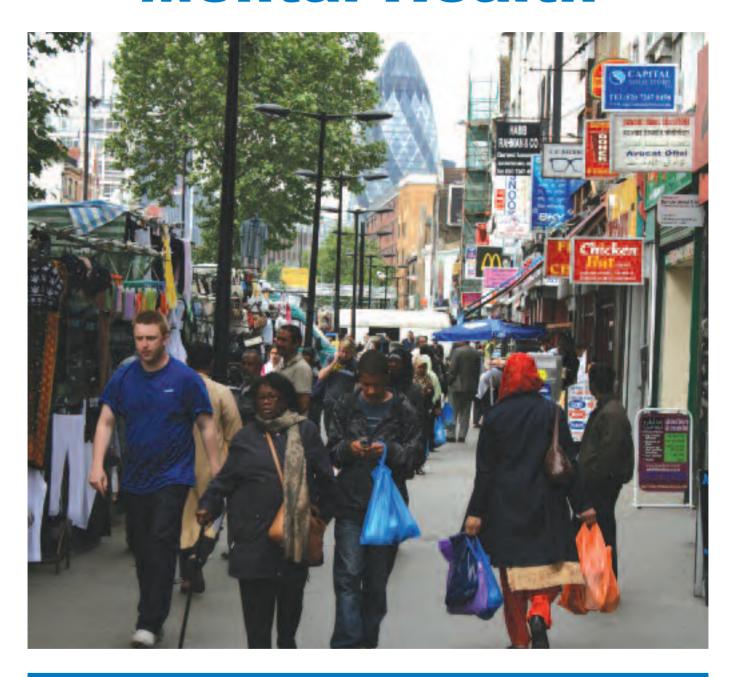
# Advance Directive for Mental Health



What You Need to Know



### Guidelines for people wishing to make an Advance Directive for Mental Health

An advance directive is a way of making choices about your healthcare while you are well. It will enable your views about your mental health care to be taken into account if you ever become mentally incapable of making informed choices in the future.

This booklet has been produced to provide a place where you can note your views and wishes. Writing these down helps to make clear exactly what you would want to happen during a crisis. You cannot insist on receiving certain treatments but can state your preferred options and the treatments that you do not want/refuse.

If you are detained under the Mental Health Act 1983, there may be circumstances where you are given treatments that you do not want to have. However, doctors and other members of staff must take your wishes into account wherever possible.

An advance directive is very important and personal: you should take your time and think carefully about what you want it to contain. It might be useful to draw this up with the help of your Care Coordinator or another person that you feel comfortable with.

You are free to change your mind about the contents of your advance directive at any time. It should be reviewed regularly and updated to take account of any changes to your circumstances. This could take place as part of your CPA review or any other occasion when you come into contact with a healthcare professional. It is wise to destroy old, out-of-date copies of your advance directive and to tell those close to you that your views have changed.

When your advance directive is complete, it would be helpful to give copies to the following people:

- Your Care Coordinator
- Your Psychiatrist or GP
- Other NHS or Social Services staff involved in your care
- A carer, relative, friend or advocate
- Make sure you keep a copy for yourself!

If you have any questions or concerns about this advance directive booklet, you can seek advice from the following people:

- Your Care Coordinator (or another NHS professional)
- Your GP
- Local advocacy services
- Citizens Advice Bureau

#### **ADVANCE DIRECTIVE FOR MENTAL HEALTH**

This is my Advance Directive, which I made in case I have a mental health crisis and am unable to participate in decisions about my care.

My Name:
My Address:
Name of Professional with whom this was discussed:
Contact Address:
Names of a carer, relative, friend or advocate who know about and
understand this advance directive. They have given permission to be contacted and will speak for me in a crisis/dispute.
Contact Name:
Contact Telephone Number:
Contact Name:
Contact Telephone Number:
I confirm that I understand this document remains effective until I make it clear that my wishes have changed.
Signed:
Print Name: Date:

### PART ONE MEDICAL TREATMENT ADVANCE DIRECTIVE

My Name:	Date:
	views on things like medication, types of therapy e reasons for your views and decisions, and under factice.
My general views and wishes on my n follows:	nental health care and treatment are as
My preferred treatment options are a	as follows:
I would NOT want to have the follow	ing treatments:

Needs that are special to me, which I would like those caring for me to know about:
a) Diet
<b>b)</b> Physical health
c) Religious, spiritual and cultural
d) Other
I would like the following people to be told immediately that I have been
admitted to hospital:
I would NOT like the following people to be told:
1 trouis ito i like the following people to be told:

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### PART TWO PERSONAL AND HOME LIFE

My Name:	Date:
Children or Dependants Complete this section if you have children or cared for in a particular way:	dependants at home and would like them to be
a) I would like the following people to care for	my children or dependants:
<b>b)</b> When someone explains where I am to my o	hildren, I would like them to be told the following:
Pets Complete this section if you have pets to be ca	ared for:
a) I have the following pets:	
<b>b)</b> I would like the following people to look after	er my pets:
<b>c)</b> People may need to know the following abo	out my pets:
Security and my home I would like my home to be made secure by:	

The following people need to be contacted and told that I am not at home: (eg milkman/home help/work)
Any other information I would like made known:
Need more information?
Making decisions about your health, welfare or finance. Who decides when you can't?
This booklet offers guidance about advance directives as well as other decision-making options such as Lasting Power of Attorney and the role of the Court of Protection.
Available online: www.dca.gov.uk/legal-policy/mental-capacity/mibooklets/booklet01.pdf



## The Mental Health NHS Trust for East London is now a Foundation Trust – a new type of NHS organization which is more accountable to you as local people.

You are invited to become a member of East London NHS Foundation Trust. Being a member won't cost you anything and you can choose how much you want to be involved. By becoming a member you can have a real say in how we shape and improve mental health services in the future. Or, if you'd rather just be kept informed about changes in the Trust, we will send you our quarterly newsletter.

We hold events for members to explain more about our plans and the services we offer, and to ask for your ideas about how we can improve those services.

If you would like to join, please drop-in or contact the Membership Office - details below. If you are already a member – thank you. Please pass on this invitation to anyone you know who may wish to join the Trust.

Membership Office
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