

COMPASSION

IN DYING

SUPPORTING YOUR CHOICES AT THE END OF LIFE

FACTSHEET – Helpful questions for making an Advance Decision

How do you know what information to include when making your Advance Decision? This factsheet covers the questions you should ask yourself when you are thinking about what you would want at the end of life.

Remember to speak to your doctor.

Even if you are confident that you have thought of everything, it is still important to speak to your doctor about your Advance Decision. You should ask them to sign the **GP declaration** and keep a copy of the form with your medical notes.

See **FACTSHEET - Talking to your doctor about your Advance Decision** for more information.

If you have any questions, or would like to talk to someone about your options, contact Compassion in Dying.

INFORMATION LINE: **0800 999 2434**

Questions

1. Basic functions

Are there basic things that you feel you must be able to do in order to feel that life is worth living? For example -

- Recognise loved ones
- Speak
- Eat or drink
- Pursue a hobby or interest

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2. Spiritual or religious beliefs

Do you have a faith or religious belief that affects the way you want to be treated at the end of life? If so, put this in your Advance Decision or tell your Attorney, and spell out what this means. For example -

- Do you believe that life-sustaining medical treatment should ever be withheld or withdrawn?
- Does your faith or belief affect any other areas of care, for example your dietary requirements or whether you are visited by a chaplain?

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3. Life-sustaining treatment

Are there certain kinds of treatment you would or would not want to have if you became ill? It is important to think about how your answers to these questions would be affected by your answers to Questions 1 and 2.

For example, if you could no longer:

- Recognise your loved ones...
- Speak...
- Eat or drink...
- Pursue your hobby interest...

...would you want to be resuscitated if your heart stopped beating?

...would you want to receive artificial feeding, for example through a tube?

...would you want to be helped to breathe by a breathing machine?

...would you want to receive antibiotics or other medication if you became ill?

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4. People

Are there any particular people that you would or would not want to be present if decisions needed to be made about your care and treatment? For example:

- Your spouse or partner?
- Other family members?
- Friends?
- Your Attorney for health and personal welfare?
- A particular doctor, such as your GP or a consultant?
- Another healthcare professional, such as a district nurse, professional carer or social worker?

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How can we help?

- We can send you a free **Advance Decision** form and help you to fill it in
- Call our free **Information Line** if are not sure about what you would want at the end of life and you would like to talk to someone in confidence about your options.

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