

COMPASSION

IN DYING

SUPPORTING YOUR CHOICES AT THE END OF LIFE

FACTSHEET – Updating your Advance Decision

You should re-read and re-sign your Advance Decision regularly to make sure it is kept up-to-date. Contact Compassion in Dying if you have any questions.

INFORMATION LINE: **0800 999 2434**

Why update?

It is a good idea to update your Advance Decision regularly, even if your health is stable. If you lose mental capacity and it was updated in the last year or so, the doctor treating you can be more confident that what you have said in your Advance Decision is still what you want.

When should I update my Advance Decision?

You should update your Advance Decision if any of these situations apply to you:

- You have been diagnosed with an illness or your health has changed.
- You are going into hospital for serious treatment or surgery.
- You have not updated your Advance Decision for some time.
- You have an old living will. See **FACTSHEET – Living wills** for more information.
- You have moved house or changed doctors.
- You have made a Lasting Power of Attorney.
- You have changed your mind about what you want.

If you have an annual check up with your doctor, this would be a good time to check and re-sign the copy you have left with them.

How do I update my Advance Decision?

Follow these steps to update your Advance Decision:

- Read through the document to make sure you are still happy with what it says.

If you are happy with it and do not want to make any changes:

1. Sign, date and witness the document clearly. Compassion in Dying's free Advance Decision form contains space for you to do this.
2. Give updated versions to everyone who has a copy of your original Advance Decision.

If you want to make changes to your Advance Decision:

1. Write any changes as clearly as you can. If the form becomes difficult to read, it could be difficult for doctors to follow. Contact Compassion in Dying for a new Advance Decision form if your old one becomes difficult to read.
2. Sign, date and witness next to each change you make to your Advance Decision.
3. Give updated versions to everyone who has a copy of your original Advance Decision.

How can we help?

- We can send you a free **Advance Decision** form and help you fill it in
- Call our free **Information Line** if you have questions about updating your Advance Decision

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