



## ITS HELPFUL TO KNOW ....



- Where to start with Advance Care Planning?
- What is Power of Attorney?
- What is an ADRT?
- Who needs to know?
- What would I like my legacy to be?
- Can I have a sustainable funeral?
- What I need to do about my digital legacy?

[www.betterendings.co.uk](http://www.betterendings.co.uk)



# **WHERE TO START WITH ADVANCE CARE PLANNING**

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**POWER OF ATTORNEY  
LEGAL DOCUMENT WHICH LETS YOU APPOINT  
SOMEONE TO MAKE DECISIONS ON YOUR  
BEHALF SHOULD YOU LACK CAPACITY**

## **PROPERTY AND FINANCIAL AFFAIRS**

**THIS ALLOWS YOU TO APPOINT  
SOMEONE TO MAKE DECISIONS  
AND TAKE ACTIONS ON ALL  
YOUR PROPERTY AND FINANCIAL  
AFFAIRS. THIS INCLUDES BILLS,  
DEALING WITH THE BANK,  
UTILITIES, PROPERTY MATTERS,  
RENTAL, LICENCES AND BENEFITS**

## **HEALTH AND WELFARE**

**ALLOW YOU TO APPOINT  
SOMEONE IF YOU LACK  
CAPACITY TO MAKE DECISIONS  
ON YOUR BEHALF INCLUDING  
DECISIONS ON WHAT SORT OF  
TREATMENT AND INTERVENTIONS  
YOU MIGHT WANT TO WHERE  
YOU MIGHT LIVE OR BE CARED  
FOR**

**YOU CAN DOWNLOAD THE FORMS FOR BOTH TYPES OF LPA FROM THE  
OFFICE OF THE PUBLIC GUARDIAN. YOU CAN USE A SOLICITOR OR  
COMPLETE THEM YOURSELF WHICH IS MUCH CHEAPER. EACH LPA MUST BE  
REGISTERED WHICH COSTS £82.00. CITIZENS ADVICE BUREAU ALSO  
PROVIDES INFORMATION ON HOW TO COMPLETE AN LPA.**

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# WHAT IS AN ADVANCE DECISION ( ADRT)

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**AN ADVANCE DECISION TO REFUSE TREATMENT  
COVERS THE REFUSAL OF MEDICAL TREATMENTS  
AND INTERVENTIONS IN CERTAIN  
CIRCUMSTANCES IF YOU LACK THE CAPACITY TO  
MAKE THAT DECISION**

**FOR IT TO BE VALID THERE ARE CERTAIN CONDITIONS**

- It must be witnessed by someone over 18 and ideally it is witnessed by 2 people who are ideally not family or beneficiaries
  - Advice your doctor so it can be placed on your medical records - think about getting them to be a witness and certify capacity
  - Must include the statement  
'I maintain this refusal even if my life is at risk, or shortened as a result'
  - An Advance Decision does not allow the refusal of treatment to provide comfort, washing, pain relief or assisted suicide
  - Make sure important people know you have an ADRT such as family, your carers, your GP and make sure it is on your medical records
  - Forms are available from Compassion on Dying or Respect.
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# Legacies

## **A will**

Have you made one.  
Where is it stored?



## **Digital Legacy**

Does someone have your online passwords so that they can access and take down your social media profiles and protect your online presence



## **Legacy Projects for the family**

Memories, Letters, Photos,  
Recipes, Music, Favourite  
places, Books, Films, Values