

## ADVANCE STATEMENTS

### Introduction

Many service users with long term mental health problems are well for much of the time.

A service user who has had the experience of different types of care and treatment, may wish to put on record, when well, what sort of treatment he / she would prefer in times of a future mental health crisis.

Service users, when their mental health is at a crisis point may also want to indicate to the services, statements about how they would need their every day social, home, family and occupational needs addressing.

In most circumstances, your Advance Statement will guide the care you are offered.

Your Advance Statement can be over-ruled in certain circumstances, such as:

- If the Advance Statement directs that care workers do, or do not do something, which a person could not request. For example: a person cannot direct a member of the healthcare team to do something that is illegal.
- Where a person is detained under treatment sections of the Mental Health Act 1983, and the responsible medical officer (doctor) feels that a particular treatment is in that persons interest, even where there is a directive stating that he / she does not want that specific treatment. However, it would be expected that the doctor would demonstrate that he / she took a service users Advance Statement into consideration before making the decision.

### The development of this Advance Statement

This form of Advance Statement has been based around the document "Your Advance Directive /Wishes" developed by the team who developed the user charter "A New Dawn" in 2002 and draws on examples of positive practice from the voluntary sector i.e.: MIND and Rethink . It has had considerable guidance from local user and carer representative groups, and has been consulted upon with staff and recent users of Humber Mental Health Teaching NHS Trust mental health services.

### How to make an Advance Statement

Humber Mental Health Teaching NHS Trust has provided you with this form to assist you in making an Advance Statement. However, you do not need to use this form. You may chose to use examples that are freely available on the

internet from MIND ( [www.mind.org.uk](http://www.mind.org.uk) ) or Rethink ( [www.rethink.org](http://www.rethink.org) ) both mental health charities, or in fact you can make your statement on any piece of paper as long as it is identified to apply to yourself, states what it is ie: Advance Statement and is signed and dated.

### **Where would my Advance Statement be kept?**

Humber Mental Health Teaching NHS Trust, Advance Statements are kept centrally within the Mental Health Legislation Department. Your care co-ordinator or yourself if you so wish, can send a copy of the Advance Statement to the **Mental health Legislation Department based at Humber Mental Health, Trust Headquarters, Willerby Hill, Beverley Road, Willerby HU10 6ED**. You will receive a letter within 10 days acknowledging its arrival there and it being entered into the Trust's systems.

Your electronic mental health care record and your clinical case notes will be identified as you having an advance statement to enable staff to identify that an advance statement has been made.

### **How to make an Advance Statement**

You can write your advance statement by yourself, with a friend, relative, supporter or with your care co-ordinator. There are certain times where you may wish to consider completing an advance statement, such as discharge from hospital or just before or after a Care Programme Approach review of your care with the services .

### **Once I have made an Advance Statement will it stay the same?**

Only if you would want it to - It may be still very valid and continue to meet your wishes and needs.

However , we would encourage you to review your advance statement regularly to check it continues to meet your needs.

When you review your Advance Statement and if changes are made, a new Advance Statement should be lodged with the Mental Health Legislation Department (see above).

### **Am I bound by what is written in my Advance Statement?**

This is your Advance Statement, yours to let the services know how you wish your care to be provided, or yours to change as you wish or as circumstances alter.

## Advance Statement

This is the Advance Statement of:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

If at any time in the future I experience a mental health crisis, I would want the following instructions to be complied with where possible.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Witnessed by: \_\_\_\_\_

Signature:

\_\_\_\_\_

I have provided a copy of this document to the following people:

GP: \_\_\_\_\_

Partner/spouse/supporter: \_\_\_\_\_

Family members: \_\_\_\_\_

My care co-ordinator \_\_\_\_\_

Humber Mental Health Trust Mental Health

Legislation Dept: \_\_\_\_\_

# ADVANCE STATEMENT

Name \_\_\_\_\_

Date \_\_\_\_\_

This is who I am: - This is what I am like when I consider myself "well":

When I am not well these are the things that you will notice about the way I am:

If I am not well I would like the following to happen, if possible:

Things that **have worked well** in the past for me in the past have been:

Things that have **not** worked for me have included:

Things that I would want to refuse in my care:

Things that I would definitely refuse being included in my care:

I would like the following people to be told immediately that I have been admitted to hospital:

I would like the following person to be informed to assist me to represent my wishes at meetings that take place about my care:

Other people to contact and tell them that I am not at home at the moment:  
i.e. delivery people etc

I would like the following people not to be told:

I would like to be consulted before people are told how I am etc:	Yes	No
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Needs that are special to me that I would like people providing my care to be aware of eg:

- diet -
- physical health -
- religion -
- disabilities -

**Children or dependents-** I would like the following people to care for my children or dependent:

When someone explains to my children, I would like them to be told the following:

**Pets** - Complete this section if you have pets to be cared for (ie: who you would want to look after your pets/ how you would want your pets looked after )

**Security and my home**

I would like the following person to make sure my home is secure:

I would like them to hold keys to my home:

Yes

No

**Work/occupational related issues** - who to contact at work /place of occupation