

## ADVANCED DECISION TO REFUSE TREATMENT

An Advance Decision to Refuse Treatment (ADRT) is a legally binding instruction from you to your medical team. Anyone who is over 18 years of age, and has the mental capacity to do so can make an advanced decision.

It sets out the specific medical treatments you wish to refuse in the future or when you want a particular treatment stopped, in specific circumstances. It only becomes legally binding and relevant if there comes a time when you do not have capacity to make decisions.

It is important that you consider your decision carefully and talk to your doctor or nurse. They will be able to discuss with you the benefits and potential risks of the decision you are thinking about.

## WHAT TO DO IF YOU ARE INTERESTED IN ACP

Please talk to your hospital team or GP, who will support you with your Advance Care Plan; and who can signpost you in relation to the other important decisions mentioned in this leaflet, if you so wish.

We want to support you to take control of your future care and make sure your voice is heard, even when you are unable to speak for yourself.

If you would like this information in an alternative format, or if you need help with communicating with us, please let us know. You can call us on 01895 279973 or email [thh-tr.pals@nhs.net](mailto:thh-tr.pals@nhs.net).

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**The Hillingdon Hospitals**  
NHS Foundation Trust



**cares**  
communication attitude  
responsibility equity safety

**TAKING CONTROL OF  
YOUR FUTURE**

**Advance Care Planning  
CMC and myCMC**

 <https://www.thh.nhs.uk/>

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## ADVANCE CARE PLANNING (ACP)

Advance care planning allows you to be involved in important decisions about your future care. ACP is a voluntary process of discussion about future care between you and your care providers, and can include friends and family if this is your wish.

Decisions may include where and how you would like to be cared for. This may include decisions around artificial hydration and feeding, treatment for infections and whether returning to the hospital might be of benefit or a potential disadvantage to you.

These discussions can be documented, reviewed regularly and communicated to key persons involved in your care. ACP decisions only come into effect when you are no longer able to make and communicate decisions for yourself.

## HELPFUL THINGS TO CONSIDER WHEN PLANNING FOR YOUR FUTURE CARE

- Appointing a Lasting Power of Attorney for Health and Well-being and/or Property and Finance
- Advance Decision to Refuse Treatment
- Writing a will
- Funeral Arrangements

## TELL YOUR LOVED ONES YOUR WISHES

Talking about dying isn't easy; our hope is that completing your ACP will give you some peace of mind.

We advise that you discuss your wishes with those close to you. Also, that you keep the documents about your wishes in a safe place and let loved ones know where these important documents are kept.

## COORDINATE MY CARE (CMC)

CMC is an electronic personalised care plan which can be made available to all healthcare professionals involved in your care. It helps the healthcare professionals looking after you to communicate with one another and to coordinate your care. This might include the Out of Hours Doctors, Ambulance Service as well as your Doctor or Nurse. CMC allows the people caring for you to know your wishes.

You are able to discuss with your healthcare professional about how and where you would like to be cared for at a time when you are not able to voice this yourself. They can help you to create a record, and together you can record your preferences and wishes, ensuring that you are at the heart of decisions about your future care.

You will only be enrolled to the CMC service and a CMC care plan once you have given your consent.

## myCMC

If you prefer to start the CMC record yourself, you are able to access this at the following web address

<https://www.coordinatemycare.co.uk/for-patients/mycmc/>

myCMC allows you to create your own CMC record, either on your own or with family and friends in your own home, and in your own time. Once you have completed your section of the myCMC and clicked "Submit" you should make an appointment with your doctor or nurse to complete the care plan.

## LASTING POWER OF ATTORNEY

This is a legal document which is completed by you to appoint one or more people to make decisions on your behalf. This document is registered by the office of The Public Guardian. This document comes into effect if there comes a time when you no longer have the mental capacity to make your own decisions. It has two parts and you may choose to do one or both

- Health and welfare- your appointed attorney has the power to make decisions about medical care.
- Property and financial affairs – gives your attorney authority to make decisions about property or financial affairs.

For more information see [www.gov.uk](http://www.gov.uk) search 'power-of-attorney'.