

Thinking Ahead

The graphic for 'Thinking Ahead' features the words 'Thinking' and 'Ahead' in a white, bold, sans-serif font. 'Thinking' is positioned above 'Ahead'. Both words are contained within a dark blue, stylized arrow shape that points to the right. The arrow has a thick, rounded body and a sharp, triangular head.

March 2024

Advance
statement



My wishes and preferences for my future care and treatment

This document is to help you let people know what is important to you. It's a guide to the choices you might make if there is ever a time when you can't make decisions yourself. It is best used alongside the MS Trust Thinking Ahead book.

The questions in this document are there to give you ideas about what you might want to include. They are there to act as a starting point and to guide you through the advance care planning (ACP) process. Remember you can add or change things at any time, this is your advance statement, and it belongs to you. If you need more space, you can continue on another sheet of paper.



My details

Name: _____

Address: _____

Date of Birth: _____

About me

Help the people caring for you understand what makes you who you are. What is important to your identity? This might include what you like to be called, things you enjoy doing, people who are important to you, places you like to visit, important events in your life, or what makes you happy.



My daily routines and preferences

Do you like to have your main meal in the evening or at lunch time? Do you have dietary needs? Do you prefer to have a bath or shower? Are there particular TV programmes, radio shows or podcasts you like to watch or listen to? Do you like to spend time outside? Do you have pets that you like to have near you?

My religious or spiritual needs

Do you follow a particular religion? Which aspects are important to you? Is there a particular minister of your faith that you would like to be contacted if you were seriously unwell? What support do you find helpful in difficult times? What do you do to make yourself feel better – how do you feed your soul?



What is my health like now?

What do you need everyone to know about your health? Is there anything that is difficult for you and what helps you to manage it? Are there things you need people to do for you?



My priorities for my health care

What does quality of life mean to you? If you were seriously unwell, where would you want to be cared for? Would you want to be taken to hospital for treatment even if there was uncertainty that you would recover, or would you prefer to stay at home even if this meant you would not get better?

Is there anything that you are worried about happening in the future? Are there any treatments or procedures you would like to avoid? Is there anyone you would/wouldn't want to be involved in discussions about your care? You can include contact details of people you would like to be involved on the next page. Remember, this document is to make people aware of your preferences. If there's a medical treatment you are certain you wouldn't want, then you can speak to your care team about making an advance decision to refuse treatment (ADRT)/advance directive.



People I would like to be involved in discussions about my care

Name: _____

Relationship: _____

Contact Details: _____

Name: _____

Relationship: _____

Contact Details: _____

Health professionals that know me

GP: _____

Phone: _____

MS nurse: _____

Phone: _____

Social worker: _____

Phone: _____

Other: _____

Phone: _____

Thinking Ahead

This advance statement belongs to you and should be kept by you. Please share that you have this document with the people who are important to you and your medical team, so they are aware of your wishes and what's important to you. Rather than giving copies to individuals it can be helpful to keep a copy with you – even when you go out. At the very least, let people know where your copy is so it can be easily found if needed. This reduces the risk of family or health professionals working from an outdated version if you decide to update it or change it at any time. That way you can be reassured that they're aware of your current wishes.

Making an advance statement is just the first step in the advance care planning process. There are other decisions that you might want to think through, and you can find out more about them in the Thinking Ahead book. Below are some other things you might want to consider in the future.

- Should I make a will or does my current will need updating?
- Who do I want to make decisions about my care if I'm too unwell to decide for myself? Should I put in place a lasting power of attorney (LPA)?
- Are there treatments I know I don't want? Do I need to put an advance decision to refuse treatment (ADRT)/advance directive in place?
- If my heart stops and I stop breathing, do I want attempts made to resuscitate me? Do I need to complete a Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) decision form?
- Have I registered my decisions around organ and tissue donation? Would I want to donate tissue for research?
- In the event of my death do I have any preferences for my funeral?



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