



Fy Mywyd, Fy Nymuniadau
My Life, My Wishes

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*This is
MY
document*



GIG
CYMRU
NHS
WALES

This is MY document

My Life, My Wishes Advance Care Plan

MLMW was developed by Powys Teaching Health Board in 2019, with an updated second version released in 2021, and a third version in 2022.

We are keen for the document to be available as widely as possible and invite other organisations to make use of it.

Should you wish to, please get in touch via email:
Powys.PalliativeCareTeam@wales.nhs.uk

Mae'r ddogfen hon hefyd ar gael yn y Gymraeg.
The document is available in Welsh.

Welcome to My Life, My Wishes

This document is an Advance Care Plan (ACP) or Statement of Wishes. It has been designed for use by adults who have mental capacity (the ability to make their own decisions). Completing it is a voluntary process that can help you record your wishes about how you would like to be cared for in the future.

This information can be very helpful for your loved ones and for health and care professionals involved in your care and treatment. You do not need to be unwell to complete it. This is your document – health and care professionals may take copies if you wish, but this document needs to stay with you. If you are happy to share this document with your health or care professionals, please make sure you read the information on page 9.

You can complete this document by yourself, with a person close to you or with a health and care professional. It can be changed at any time and is **not a legally binding document**. You do not need to complete the whole document and can revisit any section if required. It is a good idea to review your wishes regularly and let your health and care professionals know of any updates that you make. Please sign and date any additions or changes on page 12 -15 (as well as signing and dating on page 9 on first completing your ACP).

The information in this document will only be considered if you cannot communicate your wishes. It will be helpful if those close to you know about this document, and where it is kept.

If you need help to complete this document see the My Life, My Wishes Guidance booklet, or contact your GP surgery, local ACP champion or any health and care professional involved in your care.

For further information and advice see

<https://pthb.nhs.wales/about-us/programmes/my-life-my-wishes>

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Section 1 – My Details

Name: Date of Birth:

Address:

.....

Post Code: Email:

Telephone: Mobile:

People Helping Me to Complete this Document:

Name: Relationship to me:

Name: Relationship to me:

People Important to Me:

Name:	Relationship:	Contact number:	Other info (e.g. emergency contact, next of kin, main carer, attorney.)

Health and Social Care Professionals Involved in my Care:

Name:	Role:	Contact number:

Section 2 - Thinking Ahead

My Values and Beliefs – These are the things that are most important to me
(for example, my view on life, my religious/spiritual beliefs, my preferred language and the name I like to be called)

My Health - What has been happening to me

(for example, details of any illnesses and treatments, and my understanding of the future)

Section 3 - My Future

Specific Wishes - My wishes and priorities for my future care

(For example, where and how I would like to be cared for)

Specific Wishes - What I do NOT want to happen to me

(for example, what I worry about or fear happening to me)

If you have clear wishes about treatments or interventions that you would not want, please discuss these with your Doctor or Healthcare Professional. They can help you to formalise these wishes by completing a legally binding Advance Decision to Refuse Treatment (ADRT) or other documentation.

Section 4 - My Last Days

What is most important to me in the last days of my life

(For example, who I would want with me when I am nearing the end of my life, any religious or spiritual practices that I would like, music that I would like to hear)

Where I would prefer to be cared for at the end of my life:

First Preference:.....

.....

Second Preference:.....

.....

Section 5 - After my death

I have made a Will: (please circle) **Yes** **No**

If yes, My Will is kept:

.....

.....

My wishes about organ and tissue donation are:

.....

.....

(Please discuss your wishes with people who are important to you and your Health Care Professional. If you do not want to become an organ or tissue donor, you must register to 'opt-out' by contacting Organ Donation Wales.)

My wishes regarding burial or cremation:

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.....

What I want for my funeral (including details of any plans/policies held):

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Section 5 - After my death

What to do with my Internet accounts

(For example, who I would like to manage my social media accounts and on line bank accounts)

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.....

.....

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Details of my responsibilities, and the arrangements that I have made for them

(For example, dependant family members or pets):

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.....

.....

.....

.....

Please sign and date on completion:

Signed:

Date:

If you choose to share this document with a health or care professional, they may need to share some of this information about you so that everyone involved in your treatment or care can work together for your benefit. This could be NHS organisations, social services or private and voluntary health and care providers.

Further information on how your personal information is used can be found on the health or care organisations websites '**Privacy Notice**'.

Section 6 - Information to help Health and Care Professionals

Cardiopulmonary Resuscitation (CPR)

(Has this been discussed with you? What are your thoughts regarding CPR?)

.....

.....

Do you have a Do Not Attempt Cardio Pulmonary Resuscitation (DNACPR) document in place? (Please circle): YES NO

If "Yes" where is it kept?

.....

.....

Do you have any allergies?

.....

.....

Communicating my wishes:

If you lose capacity to make your own decisions, or cannot communicate your wishes, is there anyone you would like to have consulted about your care?

.....

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.....

.....

Do you have a Lasting Power of Attorney (LPA) for Health and Welfare?

Yes No

Do you have a Lasting Power of Attorney (LPA) for Legal and Financial matters?

Yes No

If you do have a Lasting Power of Attorney (LPA), please include the Attorney's details in Section 1, People Important to Me, on page 4.

My Other Documents:

(You can keep your other documents in your folder, otherwise please state location of document)

Document	(if available, please tick box)	Date and location
DNACPR (Do Not Attempt Cardio-Pulmonary Resuscitation)	<input type="checkbox"/>
(LPA) Lasting Power of Attorney	<input type="checkbox"/>
(ADRT) Advance Decision to Refuse Treatment	<input type="checkbox"/>
'This is me'/Hospital Passport (used in hospitals and care homes)	<input type="checkbox"/>
Repeat Prescription	<input type="checkbox"/>

Any other documents:

.....	<input type="checkbox"/>
.....	<input type="checkbox"/>
.....	<input type="checkbox"/>
.....	<input type="checkbox"/>

If you would like help to complete any of these documents or to discuss them further, please ask your Health or Care Professional.

Additional Information

Please use this space for updates, changes to your plan or anything you wish to add. Please sign and date any updates

Signed: Date:

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