

My Life, My Wishes during the Corona Virus Outbreak – Advance Statement

The vast majority of people who catch Corona Virus (Covid-19) will recover. However, for the small proportion of people who develop severe breathing difficulties the treatment is to support their breathing either with oxygen or with ventilation. Sadly, what has been learnt from other countries is that frail patients or those with serious long-term conditions, do not benefit from ventilation and it prolongs suffering.

This is an Advance Statement to help answer questions and help us make decisions about your care if you catch Corona Virus and become very unwell “so sick that you might not survive”. If you were unable to speak for yourself this advance statement may be helpful for your family and loved ones, and the health care professionals who may be caring for you. More information available at:

<http://www.powysthb.wales.nhs.uk/mylifemywishes>

You can use this document along with ‘My Life, My Wishes’ advance care plan and the guidance document, or this can be your stand-alone advance statement. Please look at the My Life, My Wishes guidance document for other supportive information e.g. Do Not Attempt Cardio-Pulmonary Resuscitation (DNACPR), Lasting Power of Attorneys (LPA’s). If you have clear opinions about treatments or interventions that you would not want, you can formalise these wishes by completing a legally binding Advance Decision to Refuse Treatment (ADRT). We recommend:

<https://compassionindying.org.uk/wp-content/uploads/2018/07/Advance-Decision-Pack-v2.1.pdf>

Because of the seriousness of this outbreak, it is important for you to consider where you wish to be cared for and what is important to you in case you become severely unwell with Corona Virus - is being at home with friends and family important to you or is having a professional caring for you in a care setting more important, even if it meant your loved ones may not be able to visit?

If you decide to stay at home the care team will help you be as comfortable as possible.

Thank you for being brave enough to think this through, please to talk this through with your loved ones so they are aware of your wishes.

Name.....Date of Birth.....

Address.....

.....Post Code.....

Telephone.....Email.....

1. When thinking about your present health and any long-term conditions you may have, if you had suspected Corona Virus would you want to go to hospital or be cared for at home or in your care home? (Decisions will be taken by medical staff but they will take your wishes into account)

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2. If you couldn't speak for yourself, who would you want medical staff to speak to about your care?

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

3. When thinking about your present health, and any long-term conditions you may have, and if you catch Corona Virus, what are your thoughts regarding Cardio-Pulmonary Resuscitation (CPR)? (Decisions will be taken by medical staff but they will take your wishes into account)

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Do you have a Do Not Attempt Cardio-Pulmonary Resuscitation (DNACPR) document in place? (Please circle): YES NO If "Yes" where is it kept?

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4. I have made a will (Please circle) YES NO

If "yes", where is it kept?

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5. If you should catch Corona Virus is there a message you want to leave or give to your loved ones in case you don't survive?

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6. If you died and your loved ones couldn't attend a funeral immediately after your death, how would you like them to remember you at home?

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7. When it is safe for people to meet together again, what would you like them to do to remember you?

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8. Is there anything else you would like to share?
(For example, what to do with internet accounts, or details of your responsibilities and arrangements you have made for them e.g. dependant family members or pets)

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