My Life My Wishes: Useful Contacts and Further Information:

Advance Care Planning
Website of useful resources and advice
Web: http://advancecareplan.org.uk

Dying Matters in Wales (Byw Nawr)
Organisation helping people to talk more openly about dying, death and bereavement, and to make plans for the end of life.
Web: www.dyingmatters.org

Mental Capacity: An Easy Guide
A practical guide produced by the Older People’s Commissioner for Wales.
Tel: 03442 640 670
Web: https://bit.ly/2LuB1Bh

Mental Capacity Act: Making Decisions
Guidance from the UK Government.
Web: http://bit.ly/1A2z9le

An Easy Guide to Lasting Powers of Attorney
A simple guide from the Older People’s Commissioner for Wales.
Tel: 03442 640 670
Web: http://bit.ly/2rW1y4u

Lasting Power of Attorney
Information and guidance from the UK Government.
Tel: 0300 456 0300
Web: www.gov.uk/power-of-attorney
Official form download from the DirectGov website:

www.direct.gov.uk/mentalcapacity

Office of the Public Guardian
Government agency protecting people who may not have the mental capacity to make certain decisions for themselves. Provides an online service to create a lasting power of attorney.
Tel: 0300 456 0300
Web: http://bit.ly/1Kk2FfG

Last Will and Testament
Making a will: Practical guidance from the UK Government
Web: www.gov.uk/make-will/writing-your-will

DNACPR
Information on DNACPR decision making:
www.resus.org.uk/dnacpr/decisions-relating-to-cpr/

Resuscitation
Frequently asked questions about DNACPR
Tel: 020 7388 4678
Web: http://bit.ly/1RyBayS

Talk Cardio Pulmonary Resuscitation (CPR)
Website with useful resources from NHS Wales.
Tel: 111 (NHS 111 Wales)
Web: www.talkcpr.wales
Organ Donation Wales

Information from the Welsh Government, including information on how to opt-out of organ donation.

Tel: 0300 123 2323

Web:  www.organdonation.gov.wales

Tissue and Corneal Donation

Contact the National Blood and Transplant Referral Centre for Tissue and Eye Services on 0800 432 0559, leave a message with your name and contact number on the 24hr pager and they will return your call.

Web:  www.nhsbt.nhs.uk/what-we-do/transplantation-services/tissue-and-eye-services/