

## **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](http://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](http://www.gov.uk/power-of-attorney)

Official form download from the DirectGov website:

[www.direct.gov.uk/mentalcapacity](http://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](http://www.gov.uk/make-will/writing-your-will)

DNACPR

Information on DNACPR decision making:

[www.resus.org.uk/dnacpr/decisions-relating-to-cpr/](http://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](http://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](http://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/](http://www.nhsbt.nhs.uk/what-we-do/transplantation-services/tissue-and-eye-services/)