

positive

Nottinghamshire Healthcare



NHS Trust

positive about mental health and learning disability



# Advance Statement:

What I want to happen if my mental health gets worse



Date

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- You can ask someone to help you write your plan.
- It is helpful if that person knows you well.
- They can help you think of things about yourself and what you are like.

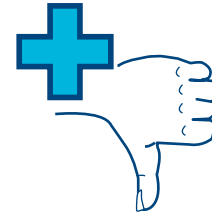


## This is what I am like when I am well:

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- The things you like to do.
- Your daily routine.
- How you are with other people.



## These are the signs that I am in crisis:

A crisis is when your mental health gets worse.

Having a crisis means you are not coping as well as usual.

You will need people to help you.

.....  
.....  
.....  
.....  
.....  
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.....




- How you behave.
- How your daily routine might change.
- How you are with other people.





## My supporters:


These are the people that you want to help you when you are not well.


You should write who they are.  
(e.g. friend, relative, social worker).


 **Name:**


 **Who are they?**


 **Telephone number:**


 **Email (if you know it):**


 **Name:**


 **Who are they?**


 **Telephone number:**


 **Email (if you know it):**


 **Name:**


 **Who are they?**


 **Telephone number:**


 **Email (if you know it):**


 **Name:**


 **Who are they?**


 **Telephone number:**


 **Email (if you know it):**



 **Name:**


 **Who are they?**


 **Telephone number:**


 **Email (if you know it):**


 **Important!**  
 You must tell these people that you have put their names on this list.


  **Emergency contacts:**  
 The people that you want mental health services to talk to in an emergency (e.g. If you have to go into hospital).


 **Name:**


 **Who are they?**


 **Telephone number:**

 **Email (if you know it):**

 **Name:**

 **Who are they?**

 **Telephone number:**

 **Email (if you know it):**



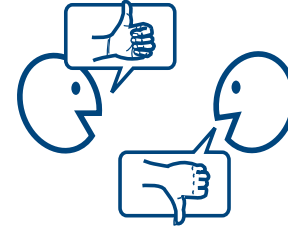
## Support organiser:

This is the person you want to organise your supporters.

They will tell people that you are in crisis.

They will remind people what they need to do.

If someone cannot do something, the support organiser will try to find someone else who can.



## How I want things sorted out if my supporters do not agree:

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.....

.....

.....

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.....

 **Name:**

 **Who are they?**

 **Telephone number:**

 **Email (if you know it):**

 **Important!**  
 You must tell your emergency contacts and your support organiser that you have put their names on this list.



# People I do not want to be involved if I am in crisis:

## Important!

You do not have to say why you do not want someone involved, but it might be helpful for other people to know.



Name: \_\_\_\_\_

I do not want them involved because:  
.....  
.....  
.....  
.....



Name: \_\_\_\_\_

I do not want them involved because:  
.....  
.....  
.....  
.....



Name: \_\_\_\_\_

I do not want them involved because:  
.....  
.....  
.....  
.....



Name: \_\_\_\_\_

I do not want them involved because:  
.....  
.....  
.....  
.....



# Things to take care of:

The things you want your supporters to help with, if you become too unwell to do them yourself.

Think about things like...

- Feeding your pets.
- Sorting out bills.
- Telling other people that you are not well.



Name:



What I want this person to do:

.....  
.....



Name:



What I want this person to do:

.....  
.....



Name:



What I want this person to do:

.....  
.....



Name:



What I want this person to do:

.....  
.....



Name:



What I want this person to do:

.....  
.....





# About medication and the people who help me with my health.



**My Psychiatrist** (if you have one):



**Telephone number:**



**My Care Coordinator:**



**Telephone number:**



**My GP:**



**Telephone number:**



This is the medication I take at the moment:

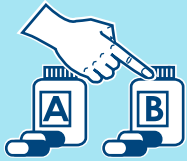
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If you have a crisis, the doctors might want to change your medication.

You can use this plan to let people know which medication you prefer. You can explain why.



- Which medications you are OK to use.
- Which medications you **do not** want to have.
- Medications you prefer not to have, but will take if the doctors think it is best.



If I am in a crisis, this is the kind of medication I would choose to have:

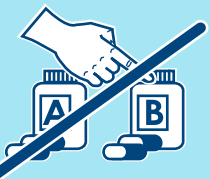


Kind of medication:



Why I would choose to take it:

.....  
.....  
.....



I would take this kind of medication if I needed to, but it would not be my first choice.



Kind of medication:



Why I would not choose this first:

.....  
.....  
.....



I do not want to take this kind of medication:



Kind of medication:



Why I do not want it:

.....  
.....

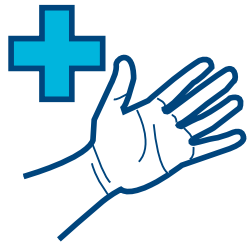


Medications that I am allergic to:

.....  
.....



If you are detained under the Mental Health Act, doctors can over-ride your wishes about mental health treatment if they think it is in your best interests. They will only do this after a lot of thought and should give a clear explanation as to why.



## Other treatments and help.

You have already written about your tablets and medicines.

This part is about the other things that help you to keep well with your mental health.

Think about things like...

- Talking therapy.
- Self-help groups.
- Staying in touch with certain people and places.

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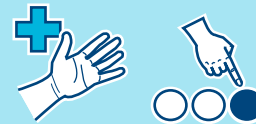
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If I am in a crisis, I want this kind of treatment and help:



**Kind of treatment:**

.....



**Why I prefer this:**

.....

.....

.....



If I am in a crisis, I do not want this kind of treatment and help:



**Kind of treatment:**

.....



**Why I prefer not to have it:**

.....

.....

.....



# Where I want to be if I am in crisis:

## Important!

It might not be possible to be where you want.

There is room for three different choices here.

If your first choice is not possible they will look at your next choice and so on.



- Staying at home and getting visits from a specialist home treatment team.
- Staying with family.
- Going into hospital.

1



My first choice is:



Because:

.....  
.....

2



My second choice is:



Because:

.....  
.....

3

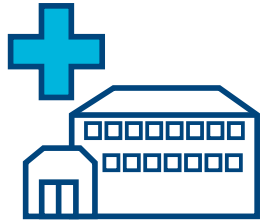


My third choice is:



Because:

.....  
.....



## Where I want to be if I have to go into hospital

It may be that you or those around you feel you need to go to hospital.

You can use your advance statement to let people know which hospital, or what kind of ward you prefer.



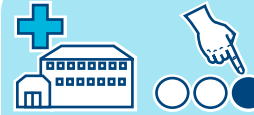
- You might know a hospital that you would prefer to go to.
- You might know a ward at the hospital that you would prefer to be in.



### Important!

It is helpful for people to know what you want.

However, sometimes it may not be possible to get the choice you want.



If I have to go into hospital, I would prefer to go to:



Name of hospital or ward:



Because:

.....

.....

.....



If I have to go into hospital, I do not want to go to:



Name of hospital or ward:



Because:

.....

.....

.....



## How I want to be helped.



These are the ways people can help me when I am in crisis (make a list):

.....

.....

.....

.....

.....



These are the ways I do not want to be helped (make a list):

.....

.....

.....

.....

.....



## Extra needs. Physical and health problems.



- Disabilities that mean you need extra support.
- Health problems - like diabetes - that mean you need special support.



Health problem or disability:



Extra help I need because of this:

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## Extra needs. Religious and cultural.



- Special rules you follow because of your spiritual beliefs.
- If you want information in a language other than English.

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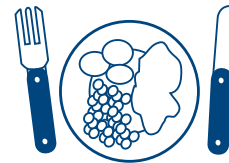
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## Extra needs. Special foods.



- If you are a vegetarian or vegan.
- If some foods make you ill (allergies).
- If your religion has rules about what foods you can eat.
- If you have a special diet because of a health problem (e.g diabetes).

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## Extra needs.

Other things that are important.

I want these things with me if I go into hospital:



- Photos of friends and family.
- Glasses.
- Diary.

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Things I really don't like, and other things people should know about me:



- I hate people calling me "dear".
- I am grumpy in the morning.

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Other special things I need:





## When to stop using this plan.

People should stop using this plan when you are better enough to decide things for yourself.

These are the ways that you will be able to tell I am better enough to make decisions for myself:

.....  
.....  
.....  
.....  
.....  
.....



- How you are when you are well.
- How you cope when you are given choices to make.
- What simple choices you will be able to make at first.



## If I am in danger.

When people are very unwell, they might do things that harm themselves or the people around them.

I might start to do things that could hurt other people or myself.

If I do, this is how I want to be supported:



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.....  
.....  
.....  
.....  
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## About my plan.

### Important!

- Whenever you change your plan, you must sign your name and write the date.
- Signing your name on the plan shows you are happy with what it says.
- People will use the plan that has the most recent date on it.



### I wrote this plan on:



Date:

### Sign your name to show you are happy with your plan:



Signature:



Date:



**These people helped me write my plan:**  
(If you wrote your plan yourself you can leave this blank)



**Names:**

.....

.....

.....



A **witness** is someone who watches something happen.

With an advance statement, you might want a witness to watch you sign your name.



### What the law says about witnesses:

You **do not** have to have a witness who signs your Advance Statement.

However, having a witness might be helpful.

People will know who was there and how you were when you signed your plan.

Ask your witnesses to fill this part in (if you want them to):

Name:

Signature:

Date:

Name:

Signature:

Date:

Name:

Signature:

Date:

Lasting Power of Attorney (if you have one):



Name:



Telephone:



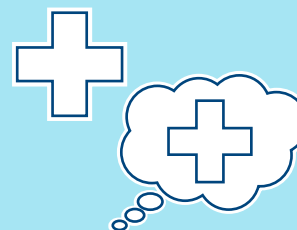
## More information about advance statements.



There are lots of different examples of advance statements.

It is important to find one that you like and can work with.

People do not just use advance statement for their mental health needs. People can also use advance statements to tell people about their physical health.

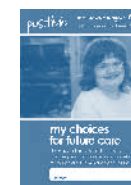


These are other advance statements that you can get from Nottinghamshire Healthcare NHS Trust:

For mental health:



For both mental and physical health:





## Find out more on the Internet.

You can find more information about The Mental Capacity Act and Advance Statements on the Nottinghamshire Healthcare Trust Website:



[www.nottinghamshirehealthcare.nhs.uk/information/mental-capacity-act-2005/advancestatement.html/](http://www.nottinghamshirehealthcare.nhs.uk/information/mental-capacity-act-2005/advancestatement.html/)

## Extra notes.

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