# How to Complete Your Advance Decision to Refuse Treatment (Living Will)

This short guide explains how to complete your Advance Decision to Refuse Treatment (also known as simply an “Advance Decision” or a “Living Will”; these are all exactly the same thing).

It is intended to help you express your healthcare wishes clearly and confidently, particularly for situations where you may no longer be able to speak for yourself.

## 1. What Is an Advance Decision?

An Advance Decision allows you to refuse specific medical treatments in advance, should you become unable to make or communicate decisions. It is legally binding in England and Wales, and while not strictly legally binding in Scotland or Northern Ireland, it is still taken seriously by healthcare professionals.

## 2. How to Fill Out the Document

Start by completing your full name, date of birth, and current address. This helps confirm your identity and ensures the document applies to you.

## 3. Tick the Treatments You Wish to Refuse

Under 'My Refusals of Treatment', you’ll find common types of medical interventions listed. Tick any you wish to refuse, even if your life is at risk. This could include ventilation, CPR, artificial nutrition, antibiotics, or others.

## 4. Tick the Circumstances Where Refusals Apply

This section allows you to clarify under which circumstances your treatment refusals should apply. These may include advanced dementia, brain injury, terminal illness, or diseases affecting your central nervous system. Tick all that are relevant to your wishes.

## 4. State why you are completing this Advance Decision

This section allows you to explain your reasoning for refusing some or all life saving treatment in some or all circumstances where your life may be at risk. While it isn’t essential to the Advance Decision being valid, it may help medical professionals make decisions closer to your wishes if they can understand your motivations,

## 5. Sign and Date

You must sign and date the document to make it valid. If you're refusing life-sustaining treatment, the form must also be signed by a witness who is over 18.

## 5. Additional Sections

These don’t need completion for the Advance Decision to be valid, but it may help your wishes be carried out if you do complete them.

* Who you have discussed the Advance Decision with: by highlighting people who can corroborate the document, this increases the credibility of the Advance Decision truly reflecting your wishes.
* Storage and Notification: should it be required, this means that multiple people, including your GP, can point to where the original is stored in case of any confusion.
* People who you wish to be involved in your care: by guiding the healthcare team on who of your family and/or friends should be involved in care decisions, you can increase the probability that your wishes will be respected

## 6. Share Your Decision

Give copies to your GP, family members, or carers, and keep one somewhere safe and easy to find. Make sure your chosen decision-makers or attorneys know about it.

## 7. Review It Regularly

It’s wise to review your Advance Decision every couple of years or after any major change in health or personal circumstances. This helps ensure that healthcare professionals are not concerned that your wishes may have changed since you made the Advance Decision. You can update or cancel it at any time.

## Need Help?

If you're unsure how to complete any part of the document, consider asking your GP, a solicitor, or a specialist healthcare charity for support. Your decision should reflect your values, beliefs, and wishes—take the time to get it right.