

Advance Statements and Personal Statements

Guidance based on ideas and information given
by people supported by AdvoCard services



Writing your Advance Statement

These are some of the things you might want to think about when drafting your Advance Statement

1. If you have ever used advocacy, think about your Advance Statement as being your "Paper Advocate"...because it will support and enable you to have a voice in your care and treatment even when you are unable to speak out for yourself.
2. Do you want your Advance Statement to include a request for an advocacy worker to come and speak to you ASAP when you have been admitted to hospital?
3. Do you have physical health issues/conditions that need medication and/or other forms of management? It can be really helpful for hospital or IHTT staff to know all your physical health issues/conditions and the medication you take and the things you do to manage your condition/s
4. Do you want your Advance Statement to specify your Listed and/or Named Person/s – and if more than one, in order of preference
5. Do you want your Advance Statement to include a named Lawyer to contact in the event that any legal issues arise?
6. Do you want your Advance Statement to include a request for specific things that you like/do not like in terms of non-medical treatment e.g. occupational therapy: what do you enjoy, how do you like to spend time? have a think about what makes you feel safe / calm / relaxed
7. Do you want your Advance Statement to include a top tips for hospital staff that would help you at a time of crisis - just make a note of whatever works for you

Writing your Personal Statement



When writing the Personal Statement, you might want to think about the following things and include information about this in your Statement

1. Relationships of importance

- do you have a spouse or partner – what/when do you want them to know about your situation if you are taken into hospital?
- do you have children - what/when do you want them to know about your situation if you are taken into hospital?
- do you have parents - what/when do you want them to know about your situation if you are taken into hospital?
- do you have siblings - what/when do you want them to know about your situation if you are taken into hospital?
- is there anyone else you would like to be told that you have been taken into hospital – what/when do you want them to know
- is there anyone who you definitely do NOT want to know that you have been taken into hospital – and what should they be told (if anything)?

- do you have a pet or pets?
 - do you have someone who can look after your pet/s – if so, give details of who they are and how they can be contacted
 - if not, perhaps this is something you could think about now...who can you ask and what arrangements need to be made
 - if you are admitted to hospital or are placed in a local authority residential care or nursing home your local authority has a duty to take care of your pet, although you may have to pay for costs of temporary shelter for your pet
 - in Scotland we are lucky to have The Pet Fostering Service Scotland (PFSS) Tel: 0844 811 9909 (9.00 am to 7.00 pm daily)
Website: www.pfss.org.uk
The Pet Fostering Service Scotland (PFSS) can help with emergency short term care of a pet for anyone who is temporarily unable to look after their pet due to ill health, homelessness or domestic abuse. If you are in this situation and can't afford boarding fees or any other care for your pet, the PFSS will try to help. The service relies on volunteers who have

been through an assessment process to look after the pet in their own home

there is also

- Pet Care Network who can help you to look after you pet/pets if you are unwell and/or need to go into hospital
Write for more info to PO Box 29417, Edinburgh, EH4 7YG, check the website at www.petcarenetwork.co.uk or call 0131 476 0022

- is there anything else you would want the people treating and supporting you to know about your relationships and what is important to you? This could include things that are important to you such as your sexuality and/or any relevant self-knowledge such as how you may react to certain behaviours or suggestions and/or whether you need lots of encouragement to attend groups and activities and so on

2. Essential domestic arrangements

- How will your rent or mortgage continue to be paid? Do you have arrangements in place for this? Who should take responsibility for this and who needs to know about this? Do you need to see a Social Worker for support with this?
- How are other bills – gas, electricity, telephone/internet, mobile, TV licence, insurance and so on - going to be paid? Do you have arrangements for this

NB: you can arrange for a Power of Attorney so that the responsibility for this can be taken by a specific person; you can find out more about Power of Attorney by contacting

<http://www.publicguardian-scotland.gov.uk/docs/librariesprovider3/poa/pdf-documents/a-guide-to-making-a-power-of-attorney.pdf?sfvrsn=4>

the Mental Welfare Commission and the Legal Services Agency have useful information on their websites but it may help to talk this through with someone to make it make sense for you and your situation

<http://www.mwscot.org.uk/the-law/adults-with-incapacity-act/power-of-attorney/>

http://www.mwscot.org.uk/media/233718/common_concerns_with_power_of_attorney_final_2.pdf

<http://www.lsa.org.uk/docs/Powers%20of%20Attorney%20leaflet%202013.pdf>

3. Communication and language

- are you aware of anything that could be a barrier to effective communication
- is English your first language?
- if not, what languages do you speak and which one is likely to be your 'default' language?
- do you use hearing aids? It might be useful to make a note of this so that anyone treating you can check that you are physically able to hear what they are saying – and if not, then to arrange for your hearing aids to be brought into hospital as soon as possible
- are you likely to use your mobile phone inappropriately when you are unwell – e.g. calling family and friends in the middle of the night – and how would you like that to be managed?
- is there anything you are aware of that could support effective and appropriate communication?

4. Physical health needs – you may have mentioned some or all of these in your Advance Statement but it is useful to make sure that people providing your care are aware of your physical health needs

- do you take any medication for a physical health condition – currently and/or chronic?
- do you have any regular appointments at the GP, hospital clinics, dentist or other provider that you would need to rearrange / cancel / arrange to have someone take you to?
- Would it be a good idea to have a folder with all your physical health appointment letters – clinics, dentist, operations and so on - somewhere safe where your named person or social worker can find it and contact those services?
- do you have a regular exercise regime or engage in any physiotherapy that is essential to maintaining physical health?
- are you aware of any allergies/significant sensitivities to any medications that you may experience – and if so, you should give clear guidance regarding any effective treatment/response to this reaction that is suitable for you

5. Food

- do you have any allergies and/or significant sensitivities to food and/or drink?
- do you follow a particular diet for health and/or religious reasons?
- is there any particular food/drink that you like that helps at a time of crisis/helps to keep you well? (e.g. camomile tea; anything specific to your culture or faith and so on)

6. Faith and Spirituality

- is religion/faith and/or your spirituality important to you
- is there anyone connected to your religion and/or spirituality who you would like to make contact with
- is there anything connected to your religion/faith and/or spirituality that you know would make you more comfortable during your admission and first day or so in hospital – e.g. a copy of the Bible or other holy book, teachings or a small but significant figure or other symbolic item or piece of jewellery

7. do you have any other support needs that you can think of that would be useful for hospital staff to be aware of?