

5 Things to Help Talk About...

## ...Advanced Decisions



**Short Read: Advanced Decision (living will) [NHS Website]**

<https://www.nhs.uk/conditions/end-of-life-care/advance-decision-to-refuse-treatment/>

A concise overview of what an Advanced Decision is and where to find further information.



**Long Read: Advanced Decision (Living Will) Pack [Compassion in Dying]**

<https://compassionindying.org.uk/library/advance-decision-pack/>

A pdf for you to download and complete. It "... contains an Advance Decision form and comprehensive guidance notes explaining everything you need to know to complete it."



**Listen: AgeSpace Podcast Episode #5 - Lasting Powers of Attorney**

<https://www.agespace.org/lasting-powers-of-attorney>

This podcast gives a helpful overview of the topic and is presented clearly with no jargon. The speaker uses lots of real-life stories and examples to explain why it is such an important document for people of all ages. (13 mins 20 seconds)



**Watch: Ain't The Way To Die [ZDoggMD.com]**

<https://zdoggm.com/aint-the-way-to-die/>

A parody video based on the Eminem/Rihanna song 'Love the Way You Lie' but with a serious message advocating the importance of making an Advanced Decision and what can happen when this isn't in place.



**Organisation: Advanced Decisions Assistance**

<https://adassistance.org.uk/>

A small grass-roots organisation dedicating to providing the information needed to make an Advanced Decision as well as providing individuals with 1-2-1 help.