Writing my Advance Statement

These forms will help you to write your Advance Statement.

Remember, it is important that your Advance Statement is all about the things you want.
You can get someone to help you write your Advance Statement. This could be:

- your named nurse
- a Psychologist
- a Solicitor
- an Occupational Therapist
- a Care Manager
- a Social Worker
Index

There are 6 sections in my Advance Statement. Each section is about a different topic.

My mental health, care and treatment

If I am admitted to hospital

My personal life

My finances

Security and my home

My carers / support staff
Things to think about before you start

What happens when my mental health gets worse?

When my mental health gets worse, my body feels...
Things to think about before you start

What happens when my mental health gets worse?

When my mental health gets worse, sometimes I feel…

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Things to think about before you start

What happens when my mental health gets worse?

When my mental health gets worse, sometimes I think about...
My Advance Statement

My Name ____________________________

My Address ____________________________

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My medication

Think about the medication I can take.

Is there medication that I think is OK to take?

The doctors and nurses can still decide to give me medication if it will help to make me feel better.
My medication

Think about the medication I don’t want.

Is there any medication I don’t want to take?

The doctors and nurses can still decide to give me medication if it will help to make me feel better
Working with people in the hospital

Think about how you want the doctors and nurses to treat you.

Think about different groups, like Speech Therapy, Occupational Therapy, or doing things in the community
Working with people in the hospital

Think about things that you DON’T want to do in the hospital.

Think about any treatment that you DON’T want in the hospital.
What works well for me?

When I was in the hospital before, these are the things that worked really well for me...
What doesn’t work so well for me?

These are things that I have found DON’T work for me so well...
My other health needs

I use a wheelchair

<table>
<thead>
<tr>
<th>YES</th>
<th>SOMETIMES</th>
<th>NO</th>
</tr>
</thead>
</table>

If ‘YES’, please use this space to give more information

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My other health needs

I use a walking frame

YES  SOMETIMES  NO

If ‘YES’, please use this space to give more information

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My other health needs

I use a walking stick

YES  SOMETIMES  NO

If ‘YES’, please use this space to give more information

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My other health needs

I am registered blind

YES  NO

If ‘YES’, please use this space to give more information

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My other health needs

I have a guide dog

- YES
- SOMETIMES
- NO

If ‘YES’, please use this space to give more information

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My other health needs

I need to wear glasses

<table>
<thead>
<tr>
<th>YES</th>
<th>SOMETIMES</th>
<th>NO</th>
</tr>
</thead>
</table>

If ‘YES’, please use this space to give more information

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My other health needs

I am deaf

YES NO

If ‘YES’, please use this space to give more information

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My other health needs

I need to wear a hearing aid

YES | SOMETIMES | NO

If ‘YES’, please use this space to give more information

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My other health needs

I eat a special diet

YES
SOMETIMES
NO

If ‘YES’, please use this space to give more information

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This information has been rated by NHS Fife, Good Information Fife Team

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