

Advance Statement

An Advance Statement is similar to an Advance Directive. It allows you to communicate your wishes for future treatment and care but, it is not the same. It is a reasoning behind those wishes taking into account your beliefs and values.

There is no right or wrong way to create one. It is your life, your death, your chance to make others understand what you want and why. You do need an Advance Directive, adding an Advance Statement is your choice.



Advance Values Statement of (insert your name)

To be read alongside my Advance Directive, currently to be found (insert where your Advance Directive can be found eg in a folder in a desk or a specific drawer), and lodged with my Doctor, (insert name of doctor and address.)

Date: Date of Birth Current state of health **eg in good health**

I have never been afraid of death. Instead, curiosity has made me investigate, read and digest all sorts of information to do with ending of life and what happens. I have believed since a child that 'if there is nothing after death, then I will not know about it; and if there is 'something', I believe it will feel very loving'.

This is based not just on my readings, but on my own intuitive sense. Although I am not religious at all, I would consider myself spiritual and strongly inclined towards an understanding that says a human being is not just a body.

The sense of 'I am' exists as spirit, love, god, energy – it does not matter to me what name it is called – and thus continues even after the body has died. Whether there will be any consciousness of this state is another matter, and does not concern me.

While I essentially do not identify with this body (hence using 'this' instead of 'my'), I also recognise that there is one! This means I want it to be cared for in a loving and tender way while I am still alive, even if I cannot make my wishes known, as outlined in my Advance Directive.

Currently, I am very healthy and imagine many more years of life yet. However, should I become mentally or physically incapacitated and unable to express my wishes as to what should happen to my body, then I am not interested in prolonging life. Death has no fear for me. It would be okay to leave, even now, while I still feel there is much to be lived for. So, while wanting to be kept pain free, I do not want any attempt by anyone, medical professionals included, to prolong the life in this body beyond its natural end.

Note to doctors and other health professionals: While at the time of writing, this statement and the Advance Directive are not legal documents, I hope you will respect my carefully-considered wishes. I recognise this may be hard for you, and I would like to thank you for doing so.

Sign and date the document

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