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An Roinn Sláinte
Männystrie O Poustie
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Advance Care Plannin Policy For Adults In Northren Ireland

Draucht Policy For Public Consultation
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Contents

Innin

Advance Care Plannin is an umbrellae term kiverin personal, legal, cleenical, an financial plannin. It allous a body tae think aboot whit is important tae thaim an plan for thair futur. It is a voluntar process an helps a body tae mak knawn whit thair wisses, feelins, beliefs an vailyies is, an tae mak chyces that reflects thir. Advance Care Plannin is an ongaun process o collogues atween a body, thaim that's important tae thaim,[1] an thaim giein care, uphaud or treatment. Advance Care Plannin shoud be an important pairt o life for aw adults.

The Advance Care Plannin policy haes been written for members o the public, thaim that's important tae thaim, an thaim giein care, uphaud or treatment.[2]

This Advance Care Plannin policy haes been developed for tae gie a body a haund tae hae mair chyce an control ower deceesions, comprehendin plans for thair futur care an treatment. This is gey an important gin the body staps bein able tae mak the relevant deceesions for thairsels at ony pynt.

Advance Care Plannin provides the inlat for adults that wisses tae dae thon tae:

- Think aboot whit maiters tae thaim;
- Syne tell fowk that's important tae thaim;
- Discuss it wi thaim that gies care, uphaud or treatment;
- Write it doun an skare it;
- Gang back tae the collogues an deceesions, mak ony cheenges, an syne skare again.

Advance Care Plannin is important for aw adults, at whitiver stage o life. “The reality that ae day ilkane o us will dee is something few o us conseeders an fewer still plans for or discusses” (McKenna et al., 2020). Tho Advance Care Plannin haes tradeetionally been associate wi end-o-life care, it gangs ayont this. As weel as supportin deceesions in dwynin halth an unforeseen emergencies, the inlat that it provides tae reflect an conseeder whit is important tae the body can meliorate thair quality o life. It coud be a soorce o comfort an reassurance tae thaim that's important tae the body an aw.

This policy provides a framework for Advance Care Plannin for adults (aged 18 year an abuin) in Northren Ireland, focussin on the halth an social care aspects. The policy gies an owerview o Advance Care Plannin, an the vailyies an preenciples that unnerpins it. It sets oot whit for Advance Care Plannin is important an whit wey it can help fowk mak timeous, realistic an prattickal plans for thair futur. It encourages thir

[1] Thaim that's important tae the body: This coud be faimily, carers or a body that knaws, cares an is fain o the body. Thay coud be claucht throu thair personal, legal, cultural or emotional relationship.

[2] Thaim that gies care, uphaud or treatment: This term is uised athort the policy an taks in fowk wirkin in the community an voluntar sector, independent sector an ither halth an social care staff wirkin in statutor services.

plans tae be made in collogue wi thaim that's important tae thaim an/or a body giein care, uphaud or treatment.

For thaim that's important tae the body, Advance Care Plannin coud provide a clearer unnerstaundin o the body's wisses, feelins, beliefs an vailyies, comprehendin ony relevant preferences an deceesions the body micht coud hae made.

For fowk giein care, uphaud or treatment tae a body, the policy provides clarity an uphaud for thair role in haein thir important collogues as pairt o the end-tae-end care or services that thay provide. Gin the body staps bein able tae mak the relevant deceesions for thairsels, than thir deceesions haes tae be made grundit on whit is in the body's best interests. In wirkin oot whit is in the body's best interests, special regaird shoud be gien tae the body's wisses, feelins, beliefs an vailyies. Deceesions maunna be made on the foonds o assumptions anent factors the like o the body's age or disabeelity thair lane,[3] or on a professional's subjective view o a body's quality o life.[4]

E'en whan a body's abeelity tae mak a speceefic deceesion is impaired, aw prattickable staps shoud still be taen tae uphaud thaim tae mak ither deceesions. Whan a body isna able tae mak the speceefic deceesion, the body shoud be supportit tae be as involved in the deceesion-makkin process as possible.

The policy provides an ethical an richts-grundit oncome[5] tae Advance Care Plannin for adults, conform tae legislation, best prattick an professional guidal an staundarts. The policy is supportit by guidal, trainin an lear an public wittins for tae mak shuir o a conseestent oncome tae Advance Care Plannin that's inclusive an accessible. (Guidal an wittins documents pendin post Public Consultation).

[3] Heslop P., Blair P., Fleming P., Hoghton M., Marriott A., Russ L. Confidential Inquiry into Premature Deaths of People with Learning Disabilities (CIPOLD). Bristol: Norah Fry Research Centre; 2013.

[4] 20160123 Decisions Relating to CPR – 2016.pdf (resus.org.uk)

[5] An ethical an Human Richts grundit oncome references, for example, the Unitit Naitions Convention on the Richts o Fowk wi Disabeelities Airticles 9, 12, 16, 17 & 25. https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-people-with-disabilities.html COVID-19 Guidal Ethical Advisement an Uphaud Framework COVID-19 HSC Cleenical Ethics Forum https://www.health-ni.gov.uk/sites/default/files/publications/health/COVID-19-Guidance-Ethical-Advice-and-Support%20Framework.pdf

Ambeetion

The ambeetion o this policy an whit wey it is pitten intae prattick is that:

- Advance Care Plannin collogues comes tae be normaleesed;
- Aw adults in Northren Ireland (NI) haes raiglar inlats tae express thair wisses, feelins, beliefs an vailyies anent Advance Care Plannin; an that
- Thir is reflectit in the care, uphaud or treatment that thay get.

Whit is Advance Care Plannin?

Advance Care Plannin is an umbrellae term kiverin personal, legal, cleenical, an financial plannin. It allous a body tae think aboot whit is important tae thaim an plan for thair futur. It is a voluntar process an helps a body tae mak knawn whit thair wisses, feelins, beliefs an vailyies is, an tae mak chyces that reflects thir. Advance Care Plannin is an ongaun process o collogues atween a body, thaim that's important tae thaim, an thaim giein care, uphaud or treatment.

Advance Care Plannin shoud be an important pairt o life for aw adults. It needs tae be fordert by thaim giein care, uphaud or treatment for tae mak shuir that fowk haes the inlat tae hae timeous, realistic an prattickal collogues. Thir collogues focusses on whit maiters tae the body an whit wad be important for thaim tae prioriteese in the futur gin thay stap bein able tae mak deceesions for thairsels.

Gin the body wants tae mak a record o thir collogues an skare thaim, thay shoud be supportit tae dae thon. The collogues coud tak in, for example, mental halth crisis plannin, Advance Deceesions tae Refuise Treatment (ADRT), an the body's view on cardiopulmonar resuscitation (CPR).

Advance Care Plannin an Mental Capacity

Advance Care Plannin taks in references tae a body haein mental capacity, sae it is important tae unnerstaund whit this means. The Mental Capacity Act (Northren Ireland) 2016 is an Act that maks proveesion anent bodies that wants capacity.

The first preenciple o the Mental Capacity Act (NI) 2016 is that a body isna tae be treatit as wantin capacity unless it is estaiblished that the body wants capacity anent the maiter in quaisten.[6] Mental capacity is baith deceesion- an time-speceefic. Fowk coud be able tae mak some deceesions at ae time but no anither. E'en gin the body

[6] https://www.legislation.gov.uk/nia/2016/18/section/1/enact

wants the mental capacity for a speceefic deceesion at that time, thair wisses, feelins, beliefs an vailyies is central, an the body aye still needs tae be supportit tae be involved as muckle as possible. Mair detail is gien on blaud 19.

Vailyies an Preenciples o Advance Care Plannin

Vailyies:

Advance Care Plannin:

- Respects an uphauds the richts, deegnity an cultur o the body an is inclusive o aw adults;
- Provides an ethical oncome tae discussin thir important an kittle quaistins;
- Is accessible tae the body in a wey that lats thaim hae meaninfu collogues;
- Is a body's indiveedual chyce. Some fowk mebbe disna want tae think aboot or engage in Advance Care Plannin collogues – thair chyce shoud be respectit, wi the inlat gien tae gang back tae the collogue at anither time;
- Is a personal experience. Awbody's wisses, feelins, beliefs an vailyies will be indiveedual tae the body an thair ain circumstances;
- Is a voluntar process. Pressur maunna be pit on the body haein the Advance Care Plannin collogue by onybody: thaim giein care, uphaud or treatment; the faimily; a body important tae the body; or by ony organisation.[7]

Preenciples o Prattick:

- Advance Care Plannin collogues needs tae be meaninfu, conductit wi sensiteevity an compassion. Thay need time an shoud happen at the body's pace;
- Consent is mair nor a form or formality. Consent needs tae be thocht aboot at ilka stage o the Advance Care Plannin process, i.e. haein the collogue, skarin the wittins wi ithers, makkin a record, skarin the record;
- Whaur thare is a record o Advance Care Plannin collogues, thir shoud be accessible athort aw settins tae mak shuir that a body's wisses, feelins, beliefs an vailyies, an ony recommends an/or deceesions made, is knawn;
- A body's confidentiality shoud be respectit;

[7] For mair wittins on saufgairdin adults tae mak informed chyces free frae duress, pressur or undue infit, please refer tae https://www.health-ni.gov.uk/sites/default/files/publications/dhssps/adult-safeguarding-policy.pdf

- Advance Care Plannin collogues, ony recommends an/or deceesions needs tae be reveesitit, reviewed an, gin needit, skared again for tae mak shuir that thay bide up tae date, as a body micht coud cheenge thair mind aboot a wheen things;
- Advance Care Plannin incorporates the preenciples o the Mental Capacity Act (NI) 2016.

Whit for is it important tae hae Advance Care Plannin collogues?

Whan a body's wisses, feelins, beliefs an vailyies is knawn, it can help tae gie a heeze tae thair autonomy an richts, an reduce ony potential distress for the body an thaim that's important tae thaim. It helps guide an inform thaim giein care, uphaud or treatment an aw.

A fouth o naitional an internaitional resairch studies [Appendix 2] on ‘faimily or caregiers"[8] experience o Advance Care Plannin shaws that meaninfu Advance Care Plannin collogues is benefeecial for a wheen raisons:

[8] “Faimily or caregiers” is the phrase uised in resairch studies. This policy uses the term “thaim that's important tae the body”.

Benefits o Advance Care Plannin	
A Better Quality o Life	Whan a body haes the inlat tae reflect on an talk aboot “whit maiters tae thaim”, it can help thaim mak chyces nou that's conform tae thair wisses, feelins, beliefs an vailyies.
Peace o Mind	Whan a body haes the inlat tae “pit thair affairs in order” or talk aboot ony howps or fears thay micht coud hae, it can help gie thaim a lift.
Clarifeein Deceesions	Whan a body haes the wittins that thay need for tae mak deceesions, an/or haes the inlat tae say whit maiters tae thaim, than thaim that's important tae the body can knaw whit the body wants or disna want.
Easin Caregier Concerns	Whan thaim that's important tae the body is clear aboot whit maiters tae the body, thay can feel shuirer in makkin knawn whit the body wad want gin thay cam tae be no able tae communicate or mak deceesions for thairsels.

Local resairch studies in Northren Ireland reinforces the need for mair awaurness an unnerstaundin o Advance Care Plannin an aw, an for mair appen, timeous an meaninfu collogues on this [Appendix 2].

Advance Care Plannin is relevant tae aw adults. Ideally, it is a series o collogues, that evolves ower time. Gin the body wants, thaim that's important tae thaim shoud be involved or be made awaur o the collogues an aw.

Advance Care Plannin is an important pairt o giein care, uphaud or treatment, by makkin shuir that fowk haes the inlat tae hae realistic an prattickal collogues aboot whit maiters tae thaim, an tae conseeder an record thair wisses, feelins, beliefs an vailyies, gin thay chuise tae dae thon.

Onybody giein care uphaud or treatment an that haes raiglar interaction wi fowk haes a role tae play in unnerstaundin the vailyies an preenciples o Advance Care Plannin an the operational processes that allous the appropriate collogues tae tak place, an gin the body consents, tae hae thaim clarkit an skared. Lear an trainin will be providit tae thaim giein care, uphaud or treatment.

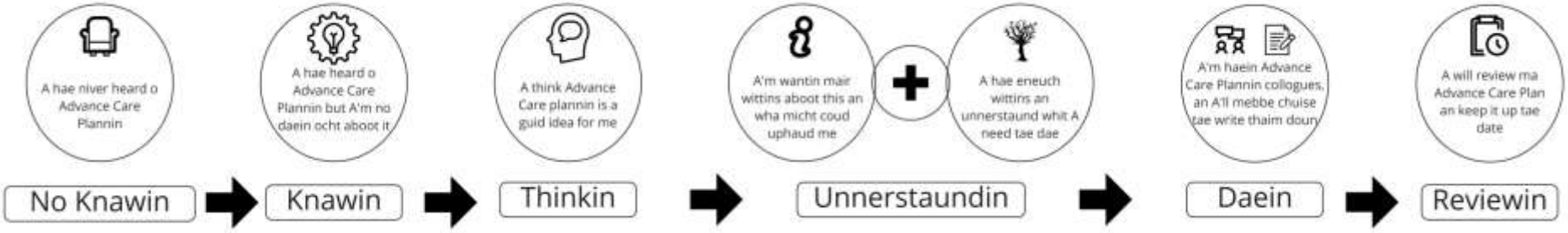
Whan Shoud Advance Care Plannin Happen?

Advance Care Plannin is important for ilka adult at ony stage o life an is relevant tae fowk in guid halth as weel as thaim that's sair smitten. Ideally Advance Care Plannin shoud happen lang afore ony crisis or sairious seekness the like o a mental halth crisis or the diagnosis o a sairious pheesical seekness.

By beginnin the collogue early on in thair life, the body can feel mair able for it emotionally, an can tak thair time tae think an talk aboot whit maiters tae thaim. This can involve a wheen stages that coud reenge frae no knawin ocht aboot Advance Care Plannin, tae knawin but no wantin tae hae the collogue, throu tae feelin able tae think aboot thair personal wisses, feelins, beliefs an vailyies an than haein Advance Care Plannin collogues.

It can tak time for some fowk tae feel ready tae hae thir collogues an/or mak a record o it. This is normal, an thare can be mony raisons for this: for example, some fowk can be feart tae express thair wisses or believe gin thay dae that fowk important tae thaim micht get mismuived. Fowk can be sweir tae conseeder a time whan thay coud stap bein able tae mak the necessar deceesions aboot thair care an aw. It is important tae raise awaurness an unnerstaundin o Advance Care Plannin collogues, for tae normaleese thaim. It is important, tharefore, tae emphaseese the benefits an gie fowk a haund tae muive frae juist thinkin aboot haein an Advance Care Plannin collogue tae actually haein ane.

Awbody will leuk at this differently, an whit ae body needs can differ frae the neist body. Fowk's ain experience o whit wey thay cheenge thair behaviour can be different. It can tak time, for behaviour cheenge is an ongaun process. The diagram ablo shaws whit wey a body's behaviour can muive frae no knawin aboot tae daein Advance Care Plannin.



For thae fowk wi sairious or progressive condeetions, an thaim that's mebbe nearin the end o thair life, thir collogues shoud happen as early as possible an whan the body is medically stable.

Whaur thir collogues haesna awreadies happent, thay can be promptit whan:

- A body shaws that thay ar ready tae hae thir collogues;
- Pairt o an end-tae-end assessment atween the body an thaim giein care, uphaud or treatment;
- The body haes haen time tae adjust follaein a diagnosis o a progressive condeetion an feels ready tae hae thir collogues;
- A body haes haen a signeeficant deterioration in pheesical halth or a wheen unplanned hospital admeessions;
- A body micht coud hae experienced a mental halth crisis whan thair abeelity tae mak some deceesions wis impaired;
- The body's cognitive state is like tae deteriorate;
- The body's abeelity tae communicate is like tae deteriorate.

Fowk can express thair wisses, feelins, beliefs an vailyies ower a period o time, tae thaim that's important tae thaim or tae thaim giein care, uphaud or treatment. Advance Care Plannin collogues can tak place in ony settin but shoud, whaur possible, be duin whan an whaur the body feels maist comfortable. Whauriver the collogue taks place, ilka effort shoud be made tae mak shuir that it is suitit[9] tae haein meaninfu Advance Care Plannin collogues.

Haein Meaninfu Advance Care Plannin Collogues

Whan fowk is ready tae hae Advance Care Plannin collogues, thaim giein care, uphaud or treatment haes an important role. It is vital that thay hae the knawledge, confidence an communications skeels needit tae uphaud this.

The importance o guid, effective traffeck haes been conseestently hielichtit athort resairch studies as weel as throu reportit personal experiences [Appendix 2]. This reinforces the need tae better capabeelities,[10] comprehendin knawledge, skeels an unnerstaundin o Advance Care Plannin an, in parteecular, traffeck skeels.[11]

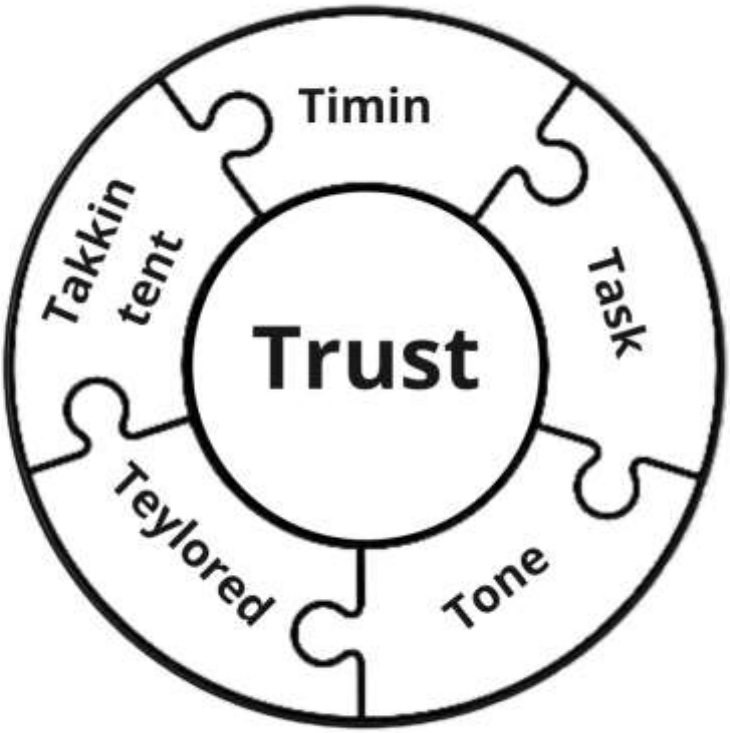
[9] The like o haein eneuch time, uisin a lown place that allous for confidentiality an lessens the possibeelity o inappropriate interruptions or distractions; proveesion o appropriate an accessible material, appropriate fowk involved, an speceefic traffeck preferences or needs the body micht coud hae.

[10] Refer tae Advance Care Plannin Capabeelities Framework (Pendin).

[11] Gin levels o halth leeteracy is unnerdeveloped, this can lead tae a traffeck gap atween the body an thaim giein care, uphaud or treatment whan haein an advance care plannin collogue.[Towards an action plan for health literacy in Northern Ireland: A Patient and Client Council scoping paper January 2021. Mair wittins on Halth Leeteracy – PCC Health Literacy Scoping Paper FINAL Jan 21 v2 – Patient and Client Council Northern Ireland (hscni.net)]

The ‘Sax Ts' o Guid Traffeck in Advance Care Plannin Collogues

The diagram an table ablo gies guidal on whit wey tae communicate whan haein Advance Care Plannin collogues, whether the collogue is bein promptit by the body or by thaim giein care an uphaud or treatment. It shoud be mindit that thare is twa sides tae thir collogues: aither the body that's thinkin aboot an wants tae hae an Advance Care Plannin collogue, or the body that's listenin tae an/or faceelitatin the collogue. This coud be a body important tae the body, an/or a body giein care, uphaud or treatment. Mindin the follaein uphauds meaninfu Advance Care Plannin collogues.



Trust	Trust is central tae thir collogues. A body that's thinkin aboot Advance Care Plannin will want tae hae a collogue wi a body that respects thair vailyies an opeenions an is seen as reliable an dependable – a body that thay lippen tae. The body that's listenin tae an/or faceelitatin thir collogues shoud respect the wisses, feelins, beliefs an vailyies o the body as thay plan for thair care, an thay shoud uphaud the body durin the hale collogue.
Timin	Shoud be whan the body feels ready tae begin the Advance Care Plannin collogue an be for as lang as the body wisses tae conteenue the collogue(s). Whan the body giein care, uphaud or treatment wants tae begin the Advance Care Plannin collogue, thay shoud find oot gin this is a guid time for the body tae hae the collogue.
Task	Gin some o the body's wisses, feelins, beliefs an vailyies is awreadies knawn, big on this. It's important tae be clear on whit it is ye want tae say. Mak shuir that the ither body haes heard an unnerstands whit it wis ye wantit tae say.
Tone	Whit wey we say something is as important as the wirds we uise. Thir is important collogues an can be emotional; tharefore, be gentle, sensitive an compassionate whan haein an Advance Care Plannin collogue.
Teylored	Uise clear, accessible langage, 'ithoot jargon, an mak shuir, gin a body needs help tae communicate, e.g. interpreter, sign langage or a device that helps thaim tae communicate, that this is available.
Takkin Tent	Tae whit wey the body micht be feelin aboot an durin the collogue. Tae the ither body's pace. Tae the ither body's unnerstaundin.

1

2

Skarin Advance Care Plannin Collogues, Recommends an Deceesions

Whan haein Advance Care Plannin collogues, the body's wisses, feelins, beliefs an vailyies (comprehendin ADRT[12] deceesions & ReSPECT recommends[13]) can be clarkit an skared, gin thay consent tae dae thon.

Reviewin Advance Care Plannin Collogues, Recommends an Deceesions

Advance Care Plannin deceesions isna ‘setten in stane'. Thay can be reveesitit an reviewed at ony time for tae mak shuir that ony wisses, recommends an/or deceesions made bides relevant tae the body's circumstances. Reviewin Advance Care Plannin collogues, ony recommends an/or deceesions is an integral pairt o the Advance Care Plannin process, an ony review shoud be duin conform tae the vailyies an preenciples that unnerpins Advance Care Plannin.

A review can be ineetiate by the body thairsels or by a body giein care, uphaud or treatment. The timin or frequency o ony review will vary for awbody. Reviewin Advance Care Plannin collogues, ony recommends an/or deceesions is especially important gin thare is ony cheenges in the body's circumstances or in thair halth condeetion. It is important that ony cheenges tae Advance Care Plannin collogues, ony recommends an/or deceesions is communicatit an skared wi thaim that's important tae the body an/or a body giein care, uphaud or treatment.

Whit wey Advance Care Plannin Collogues Is Uised

A body's Advance Care Plannin collogues, ony recommends an/or deceesions will be uised in the futur gin a body's no able tae mak a speceefic deceesion for thairsels. This coud be acause thay dinna hae mental capacity or arna able tae communicate whit thair wisses is.

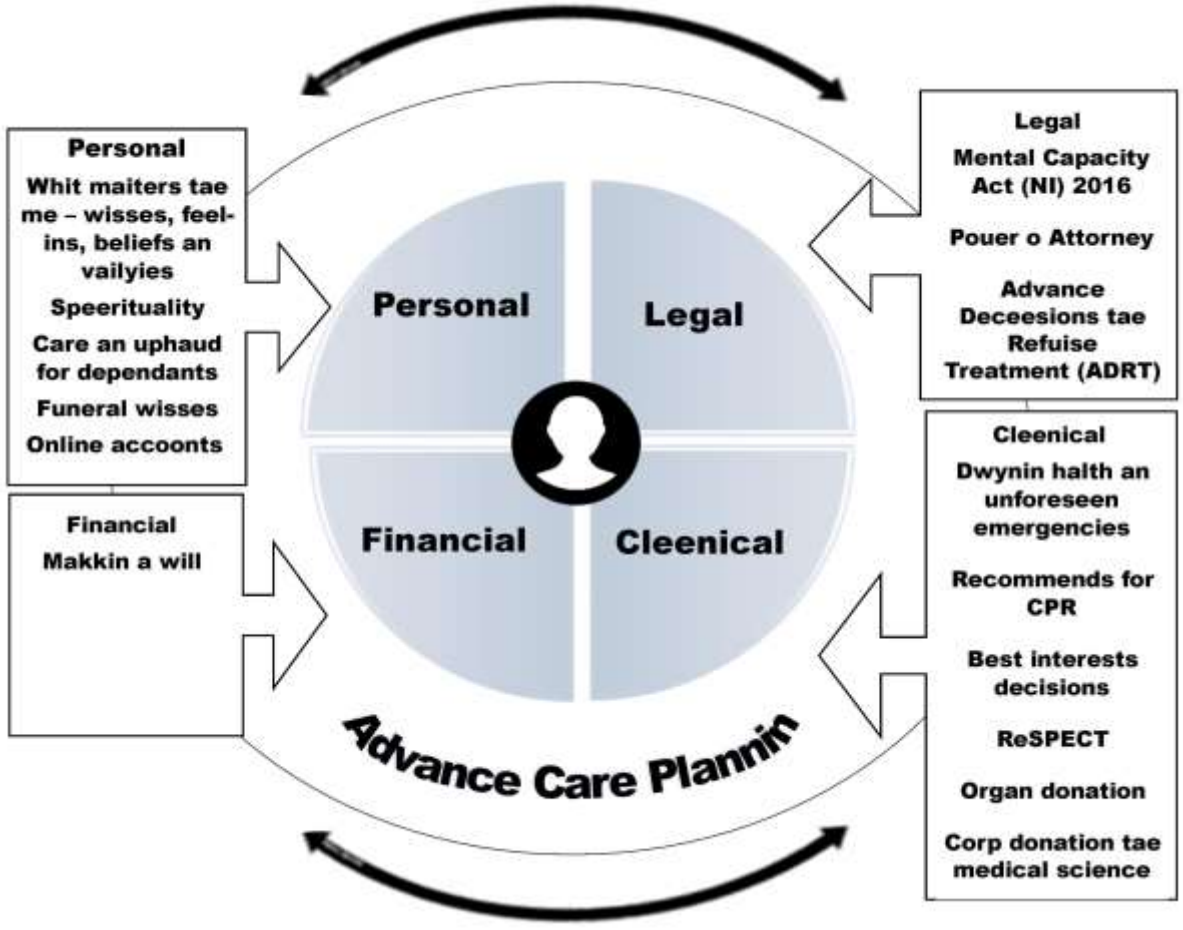
Naebody in Northren Ireland haes the legal authority tae consent tae ony care or treatment on behauf o anither adult. In seetuations whaur a body wants the mental capacity tae mak a speceefic deceesion aboot thair treatment at that time, an disna hae a valid an appleecable Advance Deceesion tae Refuise Treatment, the clineecian that's treatin the body will mak (a) ‘best interests' deceesion(s). Tharefore,

[12] See section “Advance Deceesions tae Refuise Treatment” blad 24.
[13] See section “Recommendit Short Plan for Emergency Care & Treatment (ReSPECT)” blad 27.

previous Advance Care Plannin collogues, ony recommends an/or deceesions will be uised tae guide an inform the ‘best interests'[14] deceesion.

Components o Advance Care Plannin

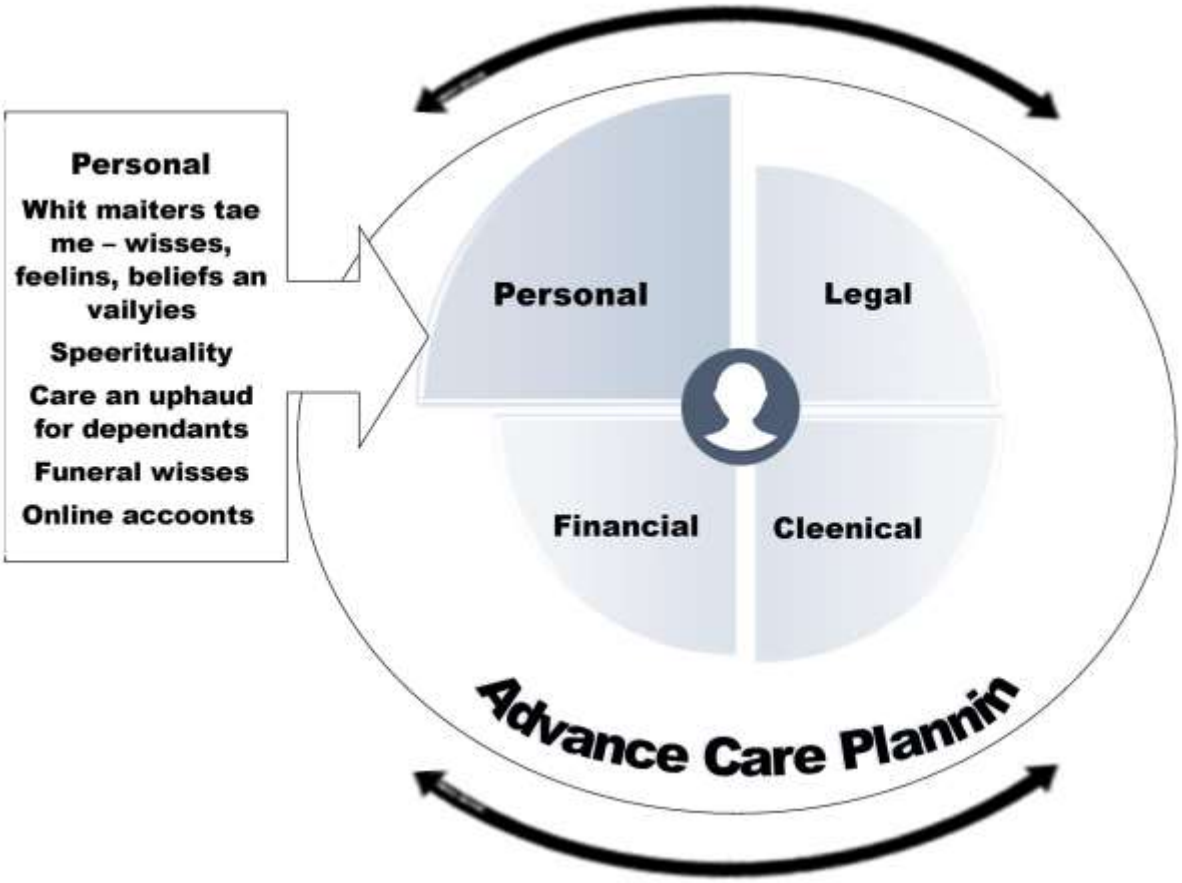
This section kivers the fower components o Advance Care Plannin. Thay ar Personal, Legal, Cleenical an Financial. Ilka component conteens ane or mair elements, an ilkane is descrived in detail ablo. A wheen elements mebbe fits intae mair nor ae component. (Public wittins on thir elements will be available follaein public consultation).



Thir preencipal components is conseedert in the follaein sections.

[14] See “Best Interests” section blad 26.

Personal Component o Advance Care Plannin



"Whit Maiters Tae Me" – Wisses, Feelins, Beliefs an Vailyies

This pairt o Advance Care Plannin is aboot thae gey an personal things that gies meanin an purpose tae a body's life. It can tak in fowk, places, speerituality or ither things that maiters tae the body.

A body can tell fowk aboot whit maiters tae thaim, or write it doun. Thir can be speceefic wisses aboot whit is important tae thaim whan thay ar weel an whit is important tae thaim gin thay cam tae be no able tae mak the relevant deceesions aboot thair lifes.

Wisses, feelins, beliefs an vailyies will differ accordin tae awbody. For example, for some fowk, managin pain is an absolute priority, while for ithers, tholin some pain tae be wi fowk important tae thaim is thair priority.

It is important for onybody involved in the body's care tae knaw whit maiters tae thaim, whether or no it is written doun. Knawin whit maiters tae the body helps tae guide an inform thaim giein care, uphaud or treatment tae mak deceesions whan the body isna able tae mak the relevant deceesions an/or communicate whit thair wisses is.

Speerituality

Advance Care Plannin collogues focusses on whit is important tae a body an can tak in the body speakin aboot the speeritual aspect o thair lifes. Speerituality is aboot whit gies meanin an purpose tae life, an it is grundit in a body's core beliefs an vailyies. Speerituality can be expressed in mony different ways. For some fowk, thay can express thair speerituality throu thair faith an 'ithin a formal releegion. For ithers, it can be expressed throu muisic, airts, or natur. Speerituality informs an guides a body in whit wey thay behave an in whit wey thay relate tae ithers, an it can be a soorce o comfort, uphaud an strenth throu a body's life. Speerituality can come tae be e'en mair important tae a body as thay growe aulder or gin thay ar smitten wi gey an sairious seekness.

Care an Uphaud for Dependants

For a wheen fowk, a preencipal priority for thair Advance Care Plannin will be tae hae the reassurance that care an uphaud will be in place for thair dependants. For mony carers, for example, haein collogues aboot an makkin arreengements for the futur care an uphaud o thaim that thay care for will be an important pairt o thair ain Advance Care Plannin an mebbe e'en be a prompt for this.

It is important tae recogneese the peace o mind that sic collogues an plans can bring.

This isna anely for thaim wi dependants. For some fowk, Advance Care Plannin will tak in makkin arreengements for the care o thair pets gin thay warna able tae leuk efter thaim thairsels.

Funeral Wisses

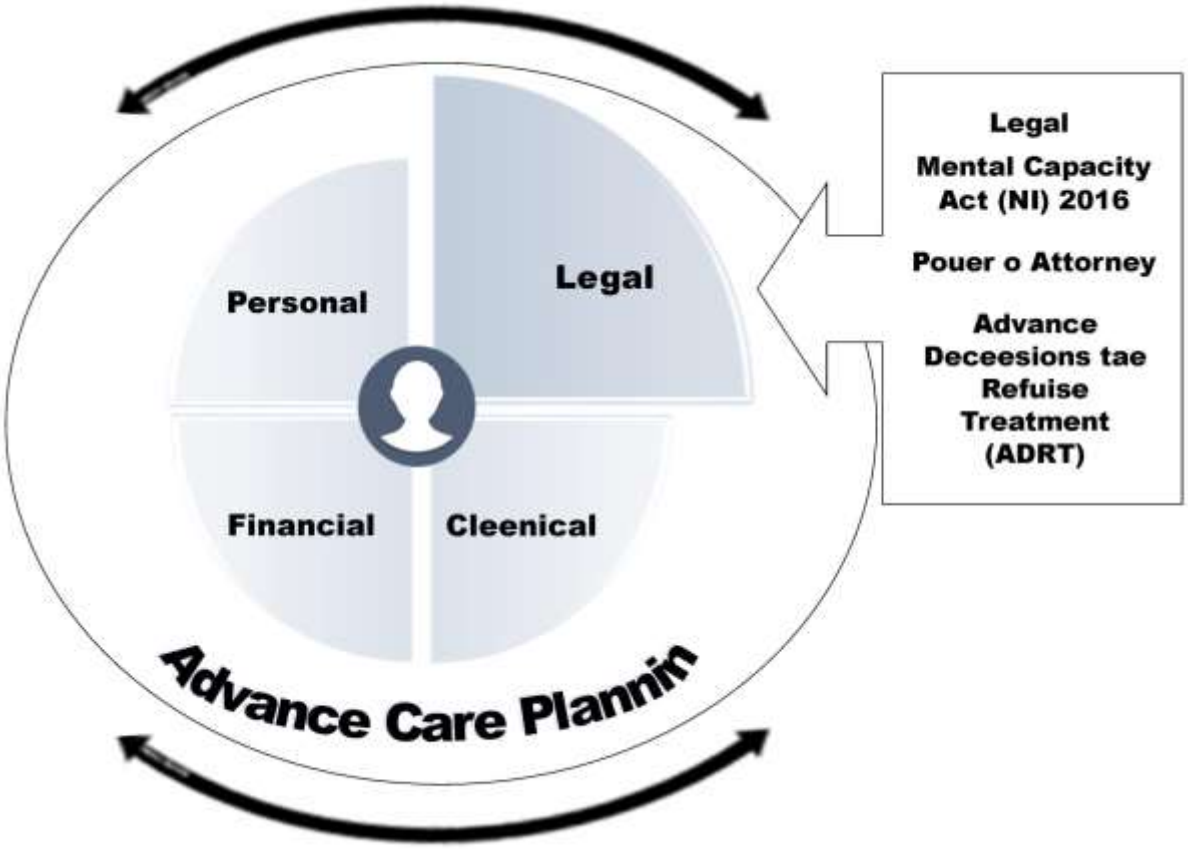
For a wheen fowk, thinkin aboot thair ain funeral or haein collogues aboot it wi thaim that's important tae thaim can be emotional. Haein thir collogues, houiver, can mak shuir that the body's wisses an preferences is knawn an reflectit. Forby thon, it can help reduce ony fashes that thaim that's important tae the body micht coud hae, as thay ar involved in the collogues an knaw whit type o funeral the body wad want.

Online Accoonts

It is important tae conseeder whit will happen tae ony online accoonts efter a body dees. This can tak in a body decidin whit thay wad want tae happen tae photos, videos, e-mails, bankin or ither wittins hauden online, whiles knawn as a body's deegital heirskip.

Some fowk can decide tae skare thair personal wisses aboot social media or online accoonts. (e.g. delete or keep appen e-mail, or social media accoonts).

Legal Component o Advance Care Plannin



Mental Capacity Act (NI) 2016

Advance Care Plannin taks in references tae a body haein mental capacity, sae it is important tae unnerstaund whit this means. The first preenciple o the Mental Capacity Act (NI) 2016 is that a body isna tae be treatit as wantin capacity unless it is estaiblished that the body wants capacity anent the maiter in quaisten.[15] A body coud be able tae mak some deceesions at ae time but no anither. Mental capacity is baith deceesion- an time-speceefic, whit means:

- A body shoud hae the relevant mental capacity for a speceefic deceesion at that time;
- A body can want the mental capacity for some speceefic deceesions at that time but reteen the mental capacity for mony ithers;
- E'en gin a body wants the relevant mental capacity for a speceefic deceesion at that time, thair wisses, feelins, beliefs an vailyies is central, an the body aye still needs tae be supportit tae be involved as muckle as possible.

[15] Mental Capacity Act (Northern Ireland) 2016 (legislation.gov.uk)

Advance Care Plannin collogues, ony recommends an/or deceesions will be uised whan the body canna mak deceesions for thairsels. This can be acause, e'en wi uphaud, thay want the mental capacity tae mak the speceefic deceesion at that time.

For tae hae the capacity tae mak the speceefic deceesion, a body maun be able tae: lift; reteen; appreciate, uise an wecht the relevant wittins; an communicate thair deceesion. Whan a body wants capacity for a speceefic deceesion, prior Advance Care Plannin collogues, ony recommends an/or deceesions can help guide thaim giein care, uphaud or treatment sae that, sae faur as possible, this is providit conform tae the body's wisses, feelins, beliefs an vailyies for thair futur care.

The Mental Capacity Act (NI) 2016 is an Act o the Northren Ireland Assemmly. The Act received Royal Assent on 9 Mey 2016.[16] Section 3 o the Mental Capacity Act (NI) 2016 assigns the follaein meanin tae the term “want o capacity”:

Section 3 o the Mental Capacity Act (NI) 2016
“(1) For the purposes o this Act, a body that's 16 or abuin wants capacity anent a maiter gin, at the material time, the body isna able tae mak a deceesion for hissel or hersel aboot the maiter ('ithin the meanin gien by section 4) acause o an impairment o, or a disturbance in the functionin o, the mind or harn. (2) It disna maiter: (a) whether the impairment or disturbance is permanent or temporar; (b) whit the cause o the impairment or disturbance is. (3) In parteecular, it disna maiter whether the impairment or disturbance is caused by a disorder or disabeelity or itherwise nor by a disorder or disabeelity.”

The Act specifees that a ‘want o capacity' is aboot a body no bein able tae mak a deceesion for thairsels on a speceefic maiter.

It recogneeses an aw that mental capacity can simmer an winter an can be temporar or permanent**.**

Thare is a wheen gey an important preenciples in the Mental Capacity Act (NI) 2016 aboot capacity that can hinder it bein wrangly assumed that a body haes a want o mental capacity. The statutor preenciples o the Mental Capacity Act (NI) 2016 is:[17]

Preenciple 1 – The first preenciple o the Mental Capacity Act (NI) 2016 is that a body isna tae be treatit as wantin capacity unless it is estaiblished that the body wants capacity anent the maiter in quaisten.

[16] The Mental Capacity Act (NI) 2016 refers tae onybody abuin the age o 16, but the scowth o this policy is for thaim aged 18 an abuin.

[17] Mental Capacity Act (NI) 2016 –https://www.legislation.gov.uk/nia/2016/18/section/1/enacted

Preenciple 2 – The quaisten gin a body is able tae mak a deceesion for hissel or hersel can anely be determined by conseederin the obligations o the Act, an nae assumptions can be made juist on the foonds o ony condeetion that the body haes or ony ither chairacteristics o the body.

Preenciple 3 – A body isna tae be treatit as no able tae mak a deceesion for hissel or hersel unless aw prattickable help an uphaud tae enable the body tae mak the deceesion haes been gien 'ithoot success.

Preenciple 4 – A body isna tae be treatit as no able tae mak a deceesion juist acause the body maks an unwicelike deceesion.

Preenciple 5 – Ony act duin, or deceesion made, maun be made in the body's best interests.

Aspects tae Conseeder anent Mental Capacity

Thir is important aspects tae conseeder anent mental capacity.

Whit for is a body no able tae mak the deceesion?	A body isna able tae mak a deceesion gin thay ar no able tae: • lift the wittins thay need that wad help thaim mak a deceesion. • mind thae wittins for the time needit tae mak the deceesion. • uise thae wittins tae wecht the pros an cons as pairt o the process o makkin the deceesion. • communicate thair deceesion (whether by talkin, uisin sign langage, or by ony ither means).
Supportin a body tae mak a deceesion	A body maun be gien aw prattickable help an uphaud tae enable thaim tae mak a deceesion. The staps needit is: • provide the body wi aw the relevant wittins in a wey that best suits thaim an thair needs. (e.g., written, spoken, uisin sign langage, etc.). • mak shuir that the collogue wi the body is at a time or times that suits the body best (e.g. some fowk feel mair able or alert early in the morn). • mak shuir the settin (environment) tae hae the collogue suits the body best (e.g. no noisy, nae interruptions nor wi ower mony distractions). • mak shuir that thaim that's important tae the body or thaim that can uphaud thair traffeck is involved.

Establishin gin a body wants capacity	Tae estaiblish gin a body wants capacity tae mak a deceesion on a speceefic maiter, thaim assessin the body maun: • mak shuir o prestation wi the preenciples in the Mental Capacity Act (NI) 2016 • raisonably believe that the body wants capacity tae mak that speceefic deceesion. • hae providit the relevant wittins in a wey that's accessible tae the body. • hae providit the uphaud the body needs tae enable thaim tae mak the deceesion.
Wha can determine gin a body haes Mental Capacity?	Pruivin capacity is a core function o ony halth an social care worker, an it is expectit that aw halth an social care professionals shoud be able tae cairy oot routine mental capacity assessments. For sairious interventions an treatment deceesions, a body pruivin mental capacity maun be suitably qualifee'd, as laid doun in the Mental Capacity Act (NI) 2016[18].

Types o Pouer o Attorney

Thare is three different types o 'Pouer o Attorney', an ilkane is descrived here. It is important tae note, tho, that anely the first twa is in place in Northren Ireland at the meenit. It is wicelike tae seek legal advisement, for tentie conseederation shoud be gien tae the reenge o pouers that a body wisses tae gie an attorney.[19]

Pouer o Attorney

Pouer o Attorney is a legal document that the body can uise tae gie anither body the authority tae tak actions or mak deceesions on thair behauf. It allous the body, while thay still hae mental capacity, tae hae anither body (cried an attorney) tae deal wi thair haudin an finance, for example, gin thay're no pheesically able tae cairy oot tasks for thairsels, the like o veesitin the bank.

A Pouer o Attorney ends whan the body tines mental capacity for managin thair ain affairs.

[18] Mental Capacity Act (Northern Ireland) 2016 (legislation.gov.uk)

[19] https://www.nidirect.gov.uk/articles/managing-your-affairs-and-enduring-power-attorney https://www.justice-ni.gov.uk/sites/default/files/publications/justice/epa-notes-for-guidance-Aug-2018-updated-Nov-2019.pdf

Endurin Pouer o Attorney

An Endurin Pouer o Attorney (EPA) is a legal document that allous a body tae appynt ithers tae mak deceesions on thair behauf aboot thair haudin an siller gin thay tint mental capacity.

Haein an EPA allous a body tae plan aheid in case thay tine the mental capacity tae mak thair ain deceesions aboot thair siller or haudin.

Lestin Pouer o Attorney

Pairt 5 o the Mental Capacity Act (NI) 2016 maks proveesion anent Lestin Pouer o Attorney (LPA). This Pairt o the Act haesna yet been commenced; tharefore, the proveesions o Pairt 5 o the Act that relates tae Lestin Pouer o Attorney isna yet in force in Northren Ireland.

An LPA is a legal document that allous a body tae appynt ithers tae mak deceesions on thair behauf. It can be made for haudin an siller, an can be made for halth an social care deceesions an aw, comprehendin deceesions aboot treatment an end-o-life care. Section 97 defines Lestin Pouer o Attorney as follaes:

Pairt 5 o the Mental Capacity Act (NI) 2016: Section 97

97. (1) A lestin pouer o attorney is a pouer o attorney that the donor confers authority on the attorney (or attorneys) by tae mak deceesions aboot (or aboot specifee'd maiters anent) aw or ony o the follaein:

(a) the donor's care, treatment an personal weel;

(b) the donor's haudin an affairs;

an that taks in authority tae mak sic deceesions in circumstances whaur the donor nae langer haes capacity.

(2) A lestin pouer o attorney is creautit anely gin:

(a) an instrument conferrin authority o the kind mentioned in subsection (1) is made an registert conform tae Schedule 4;

(b) at the time whan the donor executes the instrument, the donor is 16 or ower an haes capacity tae execute it; an

(c) section 101 (obligations as respects attorneys) is complee'd wi.

(3) An instrument that:

(a) purports tae creaut a lestin pouer o attorney, but;

(b) disna obtemper wi this section, section 101 or Schedule 4 confers nae authority.

An LPA is made whan the body haes capacity an gies the attorney fou deceesion-makkin pouer tae come intae effect anely at the time whan the body wants mental capacity. A deceesion by an LPA attorney is the same as by the body thairsels gin thay haed mental capacity.

An LPA will be a gey an pouerful luim in Advance Care Plannin, whan the relevant proveesions o the Mental Capacity Act (NI) 2016[20] is brocht intae force. It will mak shuir that a body can wale wha will mak deceesions on thair behauf gin thay iver want mental capacity.

At the meenit naebody can consent tae treatment on behauf o anither adult in Northren Ireland. In seetuations whaur a body haesna the mental capacity tae mak a speceefic deceesion for thairsels, a ‘best interests' deceesion is made.[21]

Advance Deceesions tae Refuise Treatment (ADRT)

An ADRT is a set o instructions frae a body tae thaim giein cleenical treatment. It sets oot speceefic circumstances that the body wadna want certain treatments in or whaur thay wad want a parteecular treatment tae be stappit.

An ADRT canna be uised tae refuise ony basic care that a body micht need tae keep thaim comfortable. This taks in warmth, bield, flesh an fluids by mou. An ADRT canna be uised tae:

- ask for speceefic medical treatment;
- ask for something that's illegal, e.g. assistit suicide;
- nominate anither body tae mak deceesions;
- refuise treatment for a mental halth condeetion gin the treatment is conform tae the Mental Halth (NI) Order 1986.[22]

In Northren Ireland, an ADRT is legally bindin (governed by common law insteid o an Act) gin it is valid an applees tae the parteecular seetuation. This means that thaim giein care, uphaud or treatment maun follae an ADRT, providit that thay knaw aboot it.

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[20] The Mental Capacity Act (NI) 2016 introduces the role o a Lestin Pouer o Attorney (LPA) tae Northren Ireland. The Mental Capacity Act (NI) 2016 haes come intae effect here in phases o implementation. LPA wisna includit in phase 1. Implementation is ongaun, but at the meenit thare is nae timeline for the stert o the phase that will tak in LPA comin intae force.

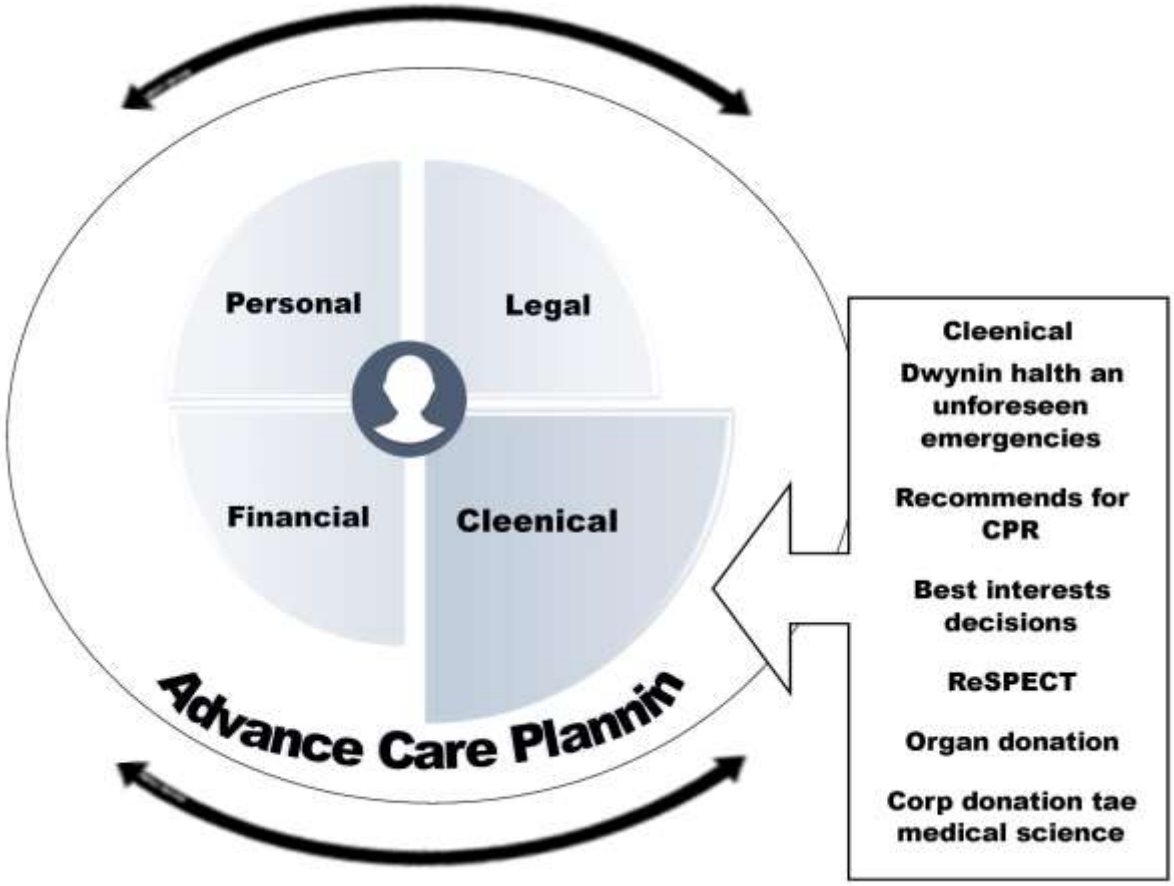
[21] See ‘Best Interests' section blad 26.

[22] Whan the Mental Capacity Act (Northren Ireland) 2016 is fully commenced, it will provide a statutor foonds for an ADRT. It will note that gin thare is a valid ADRT, it canna be owerruled by a deceesion unner the Act. This will tak in mental halth treatment.

An ADRT is recordit while a body is able tae mak thair ain deceesions an communicate thir. It will anely be follaed whan a body tines the mental capacity tae mak speceefic deceesions or isna able tae communicate whit thair wisses is.

Thaim giein care, uphaud or treatment shoud follae the Advance Care Plannin Regional Operational Framework (that will be developed conform tae policy forder).

Cleenical Component o Advance Care Plannin



Dwynin Halth & Unforeseen Emergencies

Athort the coorse o a body's life, thair halth can begin a slaw dwyne ower a period o time. At ither times, a body's halth can be suddently affectit by an unforeseen emergency seetuation, the like o an accident, a hert attack or a mental halth crisis. It is gey an important, tharefore, for awbody tae think aboot an plan for the fact that sic seetuations can happen.

Advance Care Plannin can tak in collogues, recommends an/or deceesions anent a body's wisses for futur care in the event o dwynin halth an/or unforeseen emergencies. Thir collogues helps tae provide a skared unnerstaundin o whit maiters tae the body an informs the cleenical recommends an/or deceesions aboot whit is realistic for thair futur care an treatment as thair halth dwynes, an/or speceefic treatments the like o resuscitation, ventilation or artifeecial nutreetion/hydration.

Cleenical Recommends for Cardiopulmonar Resuscitation (CPR)

Advance Care Plannin can involve collogues, recommends an/or deceesions aboot cardiopulmonar resuscitation. This is important, as an unforeseen emergency seetuation can tak in a cardiac arrest. A cardiac arrest is whan the hert haes stappit pumpin bluid throu the bouk, an the bouk comes tae be unresponsive an staps breithin in the ordinar wey.

An intervention the like o cardiopulmonar resuscitation (CPR) ettles tae restert the hert. It needs haurd pressur tae be applee'd tae the body's kist, whit aften means that thaim that's important tae the body canna be present or, gin thay ar present, can find this sair mismuivin tae witness.

Thare comes a time for awbody, houiver, whan ettlin tae restert the hert wad aither no come aff or whaur the risks o CPR ootweys the benefit. In this instance, thare is clear medical indications that the body's halth or condeetion is, or is expectit, tae dwyne tae the pynt whaur CPR isna an appropriate intervention, as it interferes wi the normal deein process, whaur the hert is the last organ tae stap.

A body or thaim that's important tae the body canna insist on ony speceefic treatments tae be providit gin thocht inappropriate by the treatin clineecian, an this taks in CPR. Knawin whit maiters tae a body helps inform the fowk giein cleenical treatment tae mak an record speceefic cleenical recommends, comprehendin whether CPR wad be an appropriate intervention in the event o a cardiac arrest. The preencipal eessue isna the deceesion-makker's view o the quality o life follaein CPR, but an objective assessment o whit is in the best interests o the patient. This maun tak accoont o aw relevant factors, maist ava the body's wisses, feelins, beliefs an vailyies aboot whit wad be an acceptable level o rekivery for thaim.

Best Interests Deceesions

Whan a body wants the mental capacity tae mak a speceefic deceesion aboot thair treatment at that time, an disna hae a valid an appleecable ADRT, the clineecian that's treatin the body will mak a ‘best interests' deceesion(s). Advance Care Plannin maks shuir that a body can mak thair wisses, feelins, beliefs an vailyies knawn, an daein thon will help guide an inform thae makkin ‘best interests' deceesions.

Naebody haes the legal authority tae consent tae treatment on behauf o anither adult, but thaim that's important tae the body shoud be includit in thir ‘best interests' discussions anent whit the body micht coud hae wantit. E'en whan the body wants the relevant mental capacity for a speceefic deceesion at that time, thair wisses, feelins, beliefs an vailyies is central. The body maun be placed at the hert o the

deceesion-makkin process an supportit tae be involved in the deceesion-makkin process sae faur as possible.[23]

The clineecian that's treatin the body shoud grund thair best interests deceesion[24] on thair experience an unnerstaundin o the body's circumstances an be informed by the body's prior Advance Care Plannin collogues. Deceesions maunna be made on the foonds o assumptions tae dae wi factors the like o the body's age or disabeelity[25] thair lane, or on a professional's subjective view o a body's quality o life.[26]

Whaur thare is nae evident o Advance Care Plannin, ADRT or cleenical recommends for care an treatment in the event o an unforeseen emergency, comprehendin cardiac arrest, the clineecian that's treatin the body will mak a 'best interests' deceesion.

Recommendit Short Plan for Emergency Care & Treatment (ReSPECT)

Ideally, Advance Care Plannin shoud happen lang afore ony dwyne in a body's halth or ony crisis or emergency. Thare can, houiver, be instances whaur Advance Care Plannin collogues haesna taen place an thaim giein care, uphaud or treatment will hae tae introduce thir collogues in circumstances the like o a suddent dwyne in halth or unforeseen emergency.

Nae maiter whan thir collogues happens, thay shoud tak in talkin aboot an recordin whit maiters tae a body an speceefic cleenical recommends aboot whit is realistic an appropriate treatment an care for the body.

Collogues an recommends for futur care an treatment will be recordit on a ReSPECT form.

ReSPECT stands for "Recommendit Short Plan for Emergency Care an Treatment." The ReSPECT form sets oot wittins that will help guide an inform thaim giein care, uphaud or treatment at a time whan the body isna able tae communicate whit thair wisses is or disna hae the mental capacity tae mak that speceefic deceesion, the like o in a futur unforeseen emergency.

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[23] Quality statement 4: Best interests decision making | Decision making and mental capacity | Quality standards | NICE

[24] Whan fully implemented Section 7 o the Mental Capacity Act (NI) 2016. https://www.legislation.gov.uk/nia/2016/18/section/7/enact

[25] Heslop P., Blair P., Fleming P., Hoghton M., Marriott A., Russ L. Confidential Inquiry into Premature Deaths of People with Learning Disabilities (CIPOLD). Bristol: Norah Fry Research Centre; 2013.

[26] Deceesions anent cardiopulmonar resuscitation 2016. https://www.resus.org.uk/sites/default/files/2020-05/20160123%20Decisions%20Relating%20to%20CPR%20-%202016.pdf

The ReSPECT form taks in recommends an/or deceesions aboot speceefic interventions that coud, or coudna, be wantit or cleenically appropriate.

The ReSPECT form will be signed by the clineecian providin cleenical recommends but will be hauden by the body. The ReSPECT form isna a legally bindin document. The ReSPECT form taks in:

- Whit maiters tae the body anent thair care an treatment, e.g. wisses, feelins, beliefs an vailyies;
- Exeestin care plannin documents, e.g. gin the body haes made an Advance Deceesion tae Refuise Treatment (ADRT);
- Cleenical recommends for emergency care an treatment, e.g. resuscitation recommends;
- Recordin mental capacity for involvement in the recommends made.

As wi ony ither aspect o Advance Care Plannin, wittins recordit on a ReSPECT form shoud be keepit unner review an updatit as appropriate.

The ReSPECT form will be the regional form for recordin aw recommends aboot emergency care an treatment. The ReSPECT form will be transferable athort aw care settins. As the ReSPECT form taks in CPR recommends, "dinna attempt cardiopulmonar resuscitation" (DNACPR) forms will nae langer be uised.

Thaim giein care, uphaud or treatment shoud follae the relevant regional operational documents that haes been developed tae uphaud this policy.

Organ donation

A body can chuise tae donate thair organs an tissues for transplant. Thare is twa different types o organ donation. Ane is whaur the body donates an organ as a ‘leevin donor', for example, a body micht wiss tae be a neer donor. The seicont is whaur a body haes dee'd an thair organs an tissues is donatit.

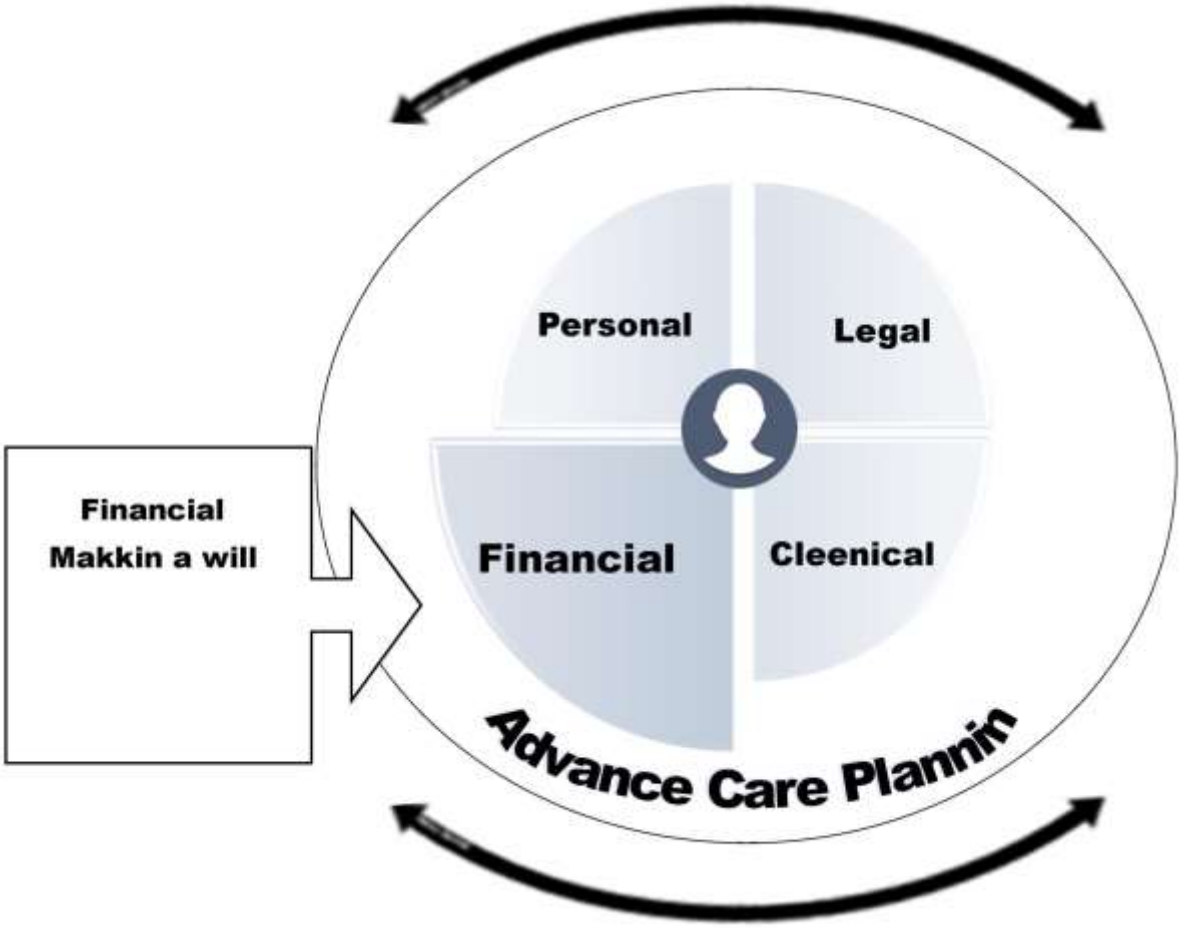
A body can record whether or no thay want tae donate thair organs an tissues efter deith on the NHS Organ Donor Register.[27] Mony fowk disna realeese that the uphaud o thaim that's important tae thaim is necessar for organ donation tae gang aheid. Knawin a body's wisses anent organ donation helps thaim that's important tae thaim at this difficult time.

[27] Organ Donor Register https://www.organdonation.nhs.uk/register-your-decision/

Corp Donation tae Medical Science

A body micht wiss tae donate thair corp tae medical science. It is important for the body tae discuss this wi thaim that's important tae thaim, an thaim giein care, uphaud or treatment. Thare is a correct process[28] that maun be follaed; this will tak in keepin a copy o the fully completit consent form.

Financial Component o Advance Care Plannin



[28] Wittins beukies comprehendin a Consent Form is available frae the Queen's University Anatomy Office. Gin ye wad like tae receive an Information Beukie comprehendin a Consent Form, please e-mail the Anatomy Office at anatomy@qub.ac.uk or telephone 028 90 972131. Staff will be gey an blythe tae discuss ony queries that ye micht hae.

Makkin a Will

Makkin a will gies a body the inlat tae mak shuir that thair wisses is follaed efter thay dee. It helps tae mak shuir that a body can leave ony gear or instructions that thay wiss tae thaim that's important tae thaim.

A will is a legal document that gies clear instructions that can tak in:

- Care o bairns or dependants;
- Financial affairs – siller, haudin an gear.

Whit for it's important tae mak a will

Haein a will semplifees the process o managin a body's affairs efter thay dee:

- A body can decide whit wey thair assets is skared.
- Ae hauf o an unmairit twasome can mak shuir that thair pairtner is fendit for.
- Gin a body is divorced, thay can decide whether tae leave ocht tae thair umwhile pairtner.
- A body can get mair wittins on heirskip tax.

Reddin yer will

Tho it is possible tae write a will yer lane, it is wicelike tae uise a solicitor, for thare is sindry legal formalities. Gin a body disna hae a will, the law sets oot wha gets whit.

An executor is the body that wad cairy oot the wisses in a body's will. A body can appynt an executor by namin thaim in thair will. The coorts can appynt ither fowk tae be sponsal for daein this jab an aw.

Ance a body haes made thair will, it is important that thay keep a haud o it in a sauf place an tell thair executor, close fere or bluid-freend whaur it is. Gin a solicitor maks the will, for ordinar they will haud ontae the oreeginal an send the body a copy. A body can ask for the oreeginal gin thay wiss tae haud it.

Updatin yer will

A body shoud review thair will, maist ava efter ony muckle cheenge in thair life, the like o gettin separatit, mairit or divorced, haein a bairn or flittin.

A body can mak cheenges by eikin a note tae thair exeestin will or by makkin a new will.[29]

Conclusion

Advance Care Plannin conteens a wheen components, comprehendin sindry elements. A body can chuise tae think aboot an plan for some o the elements, but no ithers, an at different times in thair life. This reflects the personal an voluntar preenciples o Advance Care Plannin an the need tae provide inlats for a body tae hae Advance Care Plannin collogues an tae review thir collogues an/or ony record that coud be documentit.

Advance Care Plannin allous a body tae think aboot whit maiters tae thaim. This can meliorate thair quality o life an enable thair wisses, feelins, beliefs an vailyies tae inform the care, uphaud or treatment that thay receive gin thay stap bein able tae mak deceesions for thairsels.

“Advance Care Plannin, likely the maist important collogue ye will iver hae in yer life” (Stakehauder quote frae engagement, Februar 2021).

[29] https://www.nidirect.gov.uk/articles/making-will

Appendices

Appendix 1 Glossar o Terms

• **Advance Care Plannin:** Advance Care Plannin is an umbrellae term kiverin personal, legal, cleenical, an financial plannin. It allous a body tae think aboot whit is important tae thaim an plan for thair futur. It is a voluntar process an helps a body tae mak knawn whit thair wisses, feelins, beliefs an vailyies is, an tae mak chyces that reflects thir. Advance Care Plannin is an ongaun process o collogues atween a body, thaim that's important tae thaim, an thaim giein care, uphaud or treatment. Advance Care Plannin shoud be an important pairt o life for aw adults.

• **Advance Deceesions tae Refuise Treatment (ADRT):** In Northren Ireland, an ADRT is legally bindin (governed by common law insteid o an Act) gin it is valid an applees tae the parteecular seetuation.

• **Behaviour Cheenge:** Behaviour cheenge can refer tae ony transformation or modification o human behaviour.

• **Best interests:** Whan a body wants the mental capacity tae mak a speceefic deceesion aboot thair treatment at that time, an disna hae a valid an appleecable Advance Deceesion tae Refuise Treatment, the clineecian that's treatin the body will mak a "best interests" deceesion anent care an treatment.

• **Cardiac Arrest:** A cardiac arrest is whan the hert haes stappit pumpin bluid aroond the bouk, an the bouk comes tae be unresponsive an staps breithin in the ordinar wey.

• **Cardiopulmonar resuscitation:** a medical procedure involvin compression o the kist an artifeecial respiration, performed tae mainteen bluid circulation an oxygenation in a body that haes dree'd a cardiac arrest.

• **Care, Uphaud or Treatment:** thaim that gies care, uphaud or treatment: this term is uised athort the policy an taks in fowk wirkin in the community an voluntar sector, independent sector, an ither halth an social care staff wirkin in statutor services.

• **Consent:** Consent is mair nor a form or formality. For consent tae be valid, it maun be voluntar an informed, an the body consentin maun hae the capacity tae mak the deceesion.

• **End o Life:** A period o time whan a body's condeetion is actively gettin waur tae the pynt whaur deith is expectit.

• **End-o-life Care:** Is an oncome that betters the quality o life o patients an thair faimlies leevin wi a life-threitenin seekness. Care taks in assessment an treatment o pain an ither needs, pheesical, psychosocial an speeritual.

• **Endurin Pouer o Attorney**: A legal document that allous a body tae appynt ithers tae mak deceesions on thair behauf aboot thair haudin an siller gin thay tint mental capacity.

• Guidal**:** Evidence-grundit recommends on the maist effective an cost-effective treatment an care o fowk wi speceefic diseases an condeetions, an recommends for populations an indiveeduals on interventions that can help tae hinder disease or better halth. The professional regulators taks in (General Medical Cooncil (GMC), Nursin Midwifery Cooncil (NMC), Halth & Care Professions Cooncil (HSPC) an General Pharmaceutical Cooncil (GPhc), Northren Ireland Social Care Cooncil (NISCC) produce regulator ‘guidelines'/ ‘guidal' on whit wey professional staundarts shoud be won tae.

• **End-tae-end assessment:** Comprehensive assessment that addresses the social, psychological, emotional, pheesical an speeritual needs o the body.

• End-tae-end care: Proveesion o care providit tae a body grundit in an unnerstaundin o thair social, psychological, emotional, pheesical an speeritual needs.

• **Lestin Pouer o Attorney (LPA):** see section 97 o the Mental Capacity Act (NI) 2016, is a legal document that allous a body tae appynt ithers tae mak deceesions on thair behauf. [30]

• **Mental Capacity Act (Northren Ireland) 2016:** Legislation that whan fully commenced will cleek thegither mental capacity an mental halth law.

[30] The Mental Capacity Act (NI) 2016 introduces the role o a Lestin Pouer o Attorney (LPA) tae Northren Ireland. The Mental Capacity Act (NI) 2016 haes come intae effect here in phases o implementation. LPA wisna includit in phase 1. Implementation is ongaun, but at the meenit thare is nae timeline for the stert o the phase that will tak in LPA comin intae force.

• **Naitional Institute for Halth an Care Excellence (NICE):** An organisation that provides a strenthie an independent appraisal o the best available evident tae mak recommends for the halth an social care seestem.

• **Organ donation:** Organ donation is the hale prattick o howkin oot a human organ frae a leevin or deceased body.

• **Pailiative Care:** The active, end-tae-end care o fowk wi advanced progressive seekness. Management o pain an ither symptoms an proveesion o psychological, social an speeritual uphaud is paramoont. The ettle o pailiative care is tae win tae the best quality o life for fowk an thaim that's important tae thaim. Mony aspects o pailiative care is appleecable earlier in the coorse o the seekness thegither wi ither treatments an aw.

• **Progressive condeetion:** A disease or halth condeetion that gets waur ower time, resultin in a general dwyne in halth or function.

• **Pouer o Attorney:** Is a legal document that the body can uise tae gie anither body the authority tae tak actions or mak deceesions on thair behauf.

• **ReSPECT:** Is an element o the cleenical component o Advance Care Plannin enablin personaleesed recommends for emergency care an treatment tae be documentit.

• **Sairious Seekness:** A halth condeetion that cairies a hie risk o mortality an affects a body's daily function or quality o life.

• **Speerituality:** Speerituality is aboot whit gies meanin an purpose tae life an is grundit in a body's core beliefs an vailyies.

• **Thaim that's important tae the body:** This can be faimily, carers or a body that knaws, cares an is fain o the body. Thay coud be claucht throu thair personal, legal, cultural or emotional relationship.

Abbreviations

- **ADRT** – Advance Deceesion tae Refuise Treatment
- **CPR** – Cardiopulmonar resuscitation
- **DNACPR –** dinna attempt cardiopulmonar resuscitation
- **EPA –** Endurin Pouer o Attorney
- **LPA –** Lestin Pouer o Attorney
- **MCA** – Mental Capacity Act (Northren Ireland) 2016
- **NI** – Northren Ireland
- **NICE –** Naitional Institute for Halth an Care Excellence
- **ReSPECT** – Recommendit Short Plan for Emergency Care an Treatment

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Sept 2020, “Advance care planning. An awareness raising session for district nursing”, webinar by Niall Gallagher, Specialist Social Work: https://youtu.be/DbfsdftNmrg

April 2020 – Project ECHO AIIHPC: Intellectual Disability Services, “Advance Care Planning & Anticipatory Prescribing during a Crisis”, webinar: https://youtu.be/YbPt_D5sLxE [speakers include: Professor Mary McCarron, Dr. Regina McQuillan, Dr. Jean Lane, Dr. John O Brien, Professor Sean Kennelly, Dr. Cathy Payne].

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