

# MyDecisions

Usha Grieve, Compassion in Dying

[Usha.grieve@compassionindying.org.uk](mailto:Usha.grieve@compassionindying.org.uk)

## Project method

[www.MyDecisions.org.uk](http://www.MyDecisions.org.uk) is the UK's first website that allows people to draft an Advance Decision or Advance Statement for free. These documents are vital decision-making tools when an individual lacks capacity.

MyDecisions was developed following consultation with over 300 individuals to ensure it is straightforward and reflects what is most important to people if they lose capacity in the future. We also worked with doctors and lawyers in designing the site to ensure that the forms meet all legal requirements and are clear in a medical situation.

The site guides people through scenarios in which they might be unable to make their own decisions and prompts them to consider what they would want in these situations. These scenarios include dementia, brain injury and central nervous system diseases, with comprehensive guidance offered at each step. People can save their document and return to it later, allowing them time to consider and talk to others about their wishes. At the end they get a personalised Advance Decision or Advance Statement to print, sign, witness and then share.

## Project results/evaluation

Over 1000 people have used MyDecisions since January. It has been featured in both The Independent and on Radio 4's Woman's Hour. Indicative feedback includes:

*"Thank you for a wonderfully simple and informative web site. I'd been meaning to do this for ages."*

*"I was about to appoint a solicitor to prepare a living will but am so glad that I can instead plan for my future using this online resource."*

## Project area classification

Hospital care		Emergency care	
GP care		Dementia	
Social care		Learning disability	
Voluntary sector	X	Other mental health	
Financial services		Palliative care	
Police		Advance planning, LPAs	X
Legal		Commissioning	
Community health care		Training	
Nursing and care home		For professionals?	
Acute care		For public and service users?	X
Chronic care			