



Mental Capacity Act 2005

- 1, 2 & 3 are all about me
- 4 & 5 you do with me if I lack capacity.



NHS
Shropshire
Clinical Commissioning Group

“Capacity means I can make my own decision. I need the information in a way that I can understand. I can then decide what to do.”





5 rules for supporting me

- 1 Start by thinking I **can** make a decision
- 2 Do **all** you can to **help** me make a decision
- 3 You must **not** say I lack capacity just because my decision seems unwise
- 4 Use a **best interest checklist** for me if I can't make a decision
- 5 Check the decision made **does not** stop my freedom more than needed