



Hello!



You want to know more about an
... **Advance Decision to Refuse
Treatment**

This is sometimes called an **ADRT**.



What is an **advance decision to
refuse treatment?**



An **advance decision to refuse treatment (ADRT)** is a document that a person writes if they do not want certain treatments in the future. People also call this a **living will**.



When people only have days or weeks to live, they might have to make certain decisions. The decisions might be about treatment that would save their life or about taking **antibiotics** or about **resuscitation**.



It is a way of making sure everyone knows what treatments a person does not want to have. This can be used if the person cannot make their own decisions anymore.



It will only be used if a person cannot decide for themselves or they cannot tell doctors what they want.



A person's **ADRT** document should say what needs to happen.

The **ADRT** must



- be in writing
- be signed by the person,
- be **witnessed** by someone who is not a family member and who is not involved in the person's care and support.

What the words mean

An **advance decision to refuse treatment** is a document that you write if you do not want certain medical treatments in the future. People also call this a living will.

Antibiotics are medicines you take to cure an infection.

A **living will** is a document that a person writes if they do not want certain medical treatments in the future. People also call this an advance decision to refuse treatment (ADRT).

Resuscitation is a treatment that is used to save a person's life. Resuscitation is done when a person's heart stops beating, or when a person stops breathing.

A **witness** is somebody who sees something happen.