

## Lasting Powers of Attorney

### Health & Welfare

#### What is a lasting power of attorney for Health & Welfare?

A Lasting Power of Attorney (LPA) is a document that allows one or more persons that you choose - known as attorneys - to make decisions on your behalf about your welfare. It can only be used if you have lost the mental capacity to make the decision yourself.

#### Why do I need an LPA?

The main benefit of an LPA is that if you lose the ability to make your own decisions, through dementia for example, you have someone whom you trust to make them for you. Sadly, some people lose that ability instantly, for example through accident or stroke.

#### What can my attorneys do?

An LPA (Health & Welfare) allows an attorney to make decisions about things like:-

- Your healthcare and treatment
- Where you live
- Your daily routine including what you should eat and wear
- Who you should have contact with

You can also authorise your attorney under an LPA (Health & Welfare) to make decisions about giving or refusing life sustaining treatment.

#### Why now?

It is not nice to think of yourself, or loved-ones, in a position where they are unable to make their own decisions, but making an LPA can provide piece of mind that someone you trust will look after you when you are no longer able to.

#### Who should I appoint as my attorney?

The most important thing to remember when choosing an attorney is that it must be someone you trust. When choosing an attorney, it is important to consider the following questions:-

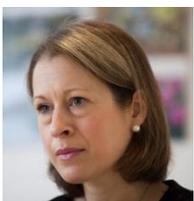
- How well you know the person?
- Do you trust them to make important decisions about your treatment and care?
- How willing are they to take the role?

#### Can my spouse or partner be my attorney?

Yes. However, when a spouse or partner is appointed, it is advisable that a second or replacement attorney is also chosen, in case the spouse or partner might die or also lose capacity.

#### What next?

If you have any queries about making an LPA, or would like to make one, please contact one of our specialist solicitors:



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