

## My Living Will

My Living Will aims to help individuals and professionals understand and take decisions about care towards the end of life.

The website helps you to prepare an Advance Statement expressing your wishes and preferences, and an Advance Decision allowing you to say now what medical treatments you might want to refuse should you lose the ability to make decisions for yourself in the future.

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**Website:** <https://www.mylivingwill.org.uk/>

**Email:** [hello@mylivingwill.org.uk](mailto:hello@mylivingwill.org.uk)

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