



mental welfare
commission for scotland

Easy read

Advance statements





What is an advance statement?

An advance statement is a written statement about how you would like to be treated if you become unwell in the future.



You make an advance statement when you are able to understand what you are putting in it and what it might mean for your future treatment.



When is an advance statement important?

Sometimes when people are very unwell, they find it difficult to make decisions about their treatment or to tell people what they want.



Your advance statement tells people about the wishes you recorded when you were able to make these decisions.



Will people always do what my advance statement says?

No.

An advance statement does not mean that everything you ask for must happen.



But the people making decisions about your treatment must take your wishes into account.



What can I put in my advance statement?

You can say:

- whether you would prefer to be treated in hospital or in the community
- which medicines or treatments you would like
- which medicines or treatments you would not like
- which other therapies you would or would not like.





What should I do with my advance statement?

Give a copy to your doctor or another member of your care team.

They can make sure it is kept with your health records.



Can I change my advance statement?

Yes.

You can withdraw your advance statement or replace it with a new one.



Mental Welfare Commission for Scotland

The Mental Welfare
Commission is independent.



We work to protect the rights
and welfare of people with:

- mental illness
- learning disability
- dementia
- related conditions.



We give advice about mental
health and incapacity law.

We check how services use
the law.



We visit people in hospitals,
care homes and their own
homes.

We can look into situations
where we are concerned about
someone's care, treatment or
rights.

We use what we learn to help
improve services.



Get in touch with us

You can talk to us confidentially.

This means we will not tell anyone what you have said:

- unless we are worried about your safety or the safety of other people.
- unless we have asked you.



Call Freephone:

0800 389 6809

email:

mwc.enquiries@nhs.scot



Write to:

Mental Welfare Commission
for Scotland,
Thistle House,
91 Haymarket Terrace,
Edinburgh EH12 5HE



Do you use British Sign
Language?

You can use the
ContactScotland online
interpreting service.



You can find out more
about the Mental Welfare
Commission and our work at:
www.mwcscot.org.uk

This easy read was updated in October 2026.