

Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) process and Independent Advocacy in England.

Below are six key points to consider about the ReSPECT process and Independent Advocacy.

- 1 ReSPECT is a process that creates personalised recommendations for a person's clinical care and treatment in a future emergency in which they are unable to make or express choices themselves.
- 2 The ReSPECT plan is created through conversations between a person and their healthcare professional(s). The plan is recorded on a form and includes their personal priorities for care and agreed clinical recommendations.
- 3 All efforts must be made to involve the person as much as possible in the creation of the plan, including adapting communication approaches and presenting information in a manner that suits the needs of the individual, this is in keeping with the principles described in the Mental Capacity Act 2005. Independent Advocacy can provide a key role in supporting individuals who have communication difficulties when undertaking the ReSPECT process.

Advocates are trained for and experienced at supporting individuals with communication difficulties in expressing their wishes and feelings and can help the individual be much more involved in the process.

- 4 If a person lacks capacity to contribute to the ReSPECT process, a conversation must take place with their legal proxy (if they have one) or otherwise a close family member. This is to ensure the ReSPECT plan is as close to what the person would have wanted.
- 5 If a person lacks capacity and has no legal proxy or family an advocate should be used. The Mental Capacity Act states that if a decision around Serious Medical Treatment (including withdrawing or denying treatment such as CPR) needs to be made, and there are no appropriate family or friends available to consult, then the decision making professional must refer for an IMCA.

In England a referral should be made for an Independent Mental Capacity Advocate (IMCA). An IMCA is entirely independent. Local authority social work teams or safeguarding leads within NHS Trusts/ CCG's can provide guidance around the referral process and local IMCA providers.

- 6 POhWER provides IMCA services in many local authorities across the country and are happy to answer any general questions or queries about how to involve advocacy in the ReSPECT process. Please feel free to contact pohwer@pohwer.net or call the Help Hub on 0300 456 2370.