




Aspects Care
Consent and Capacity Information Sheet
Helping You Make Important Choices

Easy Read Fact Sheet

<p>Consent is being asked if you agree to something</p>	
<p>Sometimes you have to make very big choices like:</p>	
<ul style="list-style-type: none">• Do I want to live this house	

- What do I want to be done if I am very ill



Capacity is whether you understand the choice you need to make



The law says that everyone over 16 years old can make their own choices unless we find out they can't



We must work hard to help people understand their choices before we say they don't understand



Helping you to make big choices



There are many things the law says people must do to help you understand the choice



Spend time with you explaining things



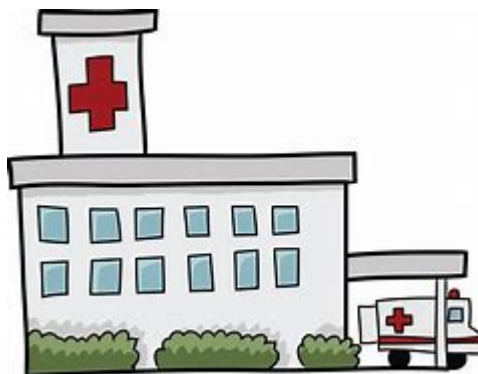
Get help from someone who knows you well and can help you communicate



Use things like Easy Read Factsheets, photos, and pictures, to help you understand



Help you visit places like a hospital or GP Surgery to help you understand the choice



To give consent you need to be able to:



- Understand the information about the choice



- Remember the information long enough to make a choice



- Think about what is best for you



- Communicate your choice



What if you cannot understand the choice?



If you really cannot understand your choice other people will need to make the choice for you



If you are aged 16 or over a family member, social worker, advocate, or care worker cannot usually give consent for you



They can only give consent for you if the law says they can. They need to have been appointed as a Deputy, or have Lasting Power of Attorney



Even if you are not able to consent to one big choice, it does not mean you cannot consent to other big choices



Thinking about your 'Best Interests'

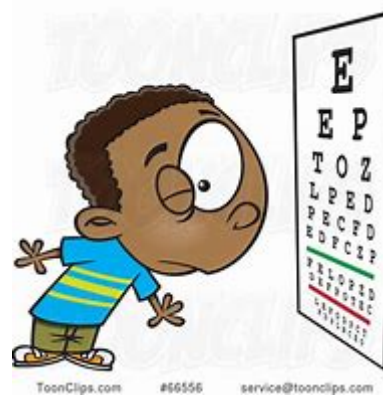


It is important that you have all the help and treatment you need to stay healthy and well



This can include things like:

- Having your eyes tested



- Healthy Eating Options



People may agree that having an operation or controlling parts of your lifestyle is the best thing for your health



People cannot decide for you in your 'best interest' just because they do not agree with your choice

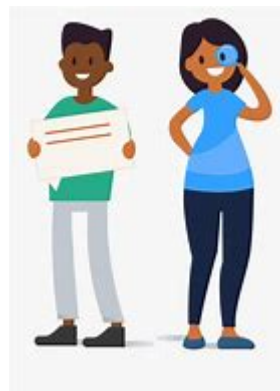


A 'Best Interest' Meeting

If you cannot make an important choice yourself there should be a 'Best Interest' meeting



At the meeting people talk about what is best for you



You should go to the Best Interests meeting if you are able to. You can also invite your family or an advocate



If you don't have a relative or your own advocate an Independent Mental Capacity Advocate can be found. They are known as an IMCA



An IMCA can help with choices like having medical treatment or changing where you live



People at the meeting will need to talk about:

- If it is best that you have choices made for you



- The best way to go about making changes so you do not get very upset



- Keeping you happy and as independent as possible



For more information

This factsheet is a summary of parts of the Mental Capacity Act 2005. For detailed information go to:



Mental Capacity Act 2005



[Mental Capacity Act 2005: an easy read guide | Local Government Association](#)