When you are clear about what you want to happen in an emergency, you are ready to fill out the ReSPECT form.

A ReSPECT form is filled out by you and a healthcare worker together.

The form asks about what is important to you and the kinds of treatments you would want to have in an emergency.

Your answers will help your healthcare worker explain which treatments could help you if you became suddenly ill.

Some treatments can be given where you live but some can only be given in hospital.

It is important to know what choosing a treatment could mean for you.
You can ask your healthcare worker any questions about what is on the form.

When you are finished, the healthcare worker will sign the form.

You can keep the form with you, but let your family or care staff know where it is.

A copy will also go in your notes.

If you have to see a new healthcare worker or there is an emergency, make sure you tell them you have a ReSPECT form.

Keep your form somewhere other people can find it in an emergency.

For further information go to [www.respectprocess.org.uk](http://www.respectprocess.org.uk)