

# Speak For Me LPA

## A guide to making your lasting power of attorney

### What is an LPA?

A Lasting Power of Attorney, or an LPA, is a legal document that allows you to nominate one or more people to help you make decisions if you ever are unable to make decisions for yourself (or you “lack capacity”). A person can lack capacity as the result of a sudden accident, a long-term health issue like dementia or an acute medical crisis such as a stroke.

To have capacity, you must be able to make and communicate specific decisions at the time they need to be made. You must understand the decision, why you need to make it and the likely outcome of your decision. You need to have mental capacity at the time of making your LPA.



### What are the different types of LPA?

A Health & Welfare LPA gives an attorney the power to make decisions about your personal care, such as your daily routine, medical care, or moving into a care home. This can only be used if you lose mental capacity.

A Property & Finance LPA gives an attorney the power to make decisions about money and property for you, such as managing a bank account, paying bills, or selling your home. This can be used either as soon as it is registered or only if you lose mental capacity, depending on your wishes.

### Who should I use as my attorney?

It's important to choose people you trust to act as your attorneys. You can have as many attorneys as you wish, and can have different attorneys for your different LPAs. If you have more than one attorney, you choose whether the attorneys must always act together or whether they can make decisions individually. You can choose to allow your attorneys to make decisions separately and some together.

Most people choose their spouse, family members or friends to be their attorneys. Attorneys can make some decisions on your behalf, but they must always act in your best interests.

*"I couldn't recommend Clare highly enough. Her empathy and knowledge of LPA processes guides you easily through every stage. She also has endless patience and understanding for what can be a difficult subject."*

# Speak For Me LPA

## A guide to making your lasting power of attorney

## Why trust Speak For Me LPA to write your LPA?

Speak for me LPA was founded by Clare Fuller (RGN, MSc), who has 30 years of experience specialising in palliative and end of life care. Through her experience, Clare has witnessed first-hand how LPAs save families and patients from difficulty and distress. This inspired Clare to found Speak For Me LPA which provides LPA consultancy alongside advocating for improved public awareness and professional understanding of Advance Care Planning.

## The benefits of Speak For Me LPA:

A set cost, with no hidden extras and no limit to the number of consultations to complete your LPA.

Expert discussion of the nuances of different types of LPA.

Drafting the LPA and provision of individual instruction sheets if remote signing is requested.

The choice of LPA online and telephone support if preferred, so your location is not a barrier.

Inclusion of the Certificate Provider in the LPA.

Liaison with the Office of The Public Guardian.

Support applying for an exemption or remission at no extra cost.

Follow-up support and advice on how to use your LPA.



**"The most delicate and intimate of conversations, held so empathetically. It felt like a light touch approach, when in fact everything was done in remarkable detail. It was so expertly done. Fantastic preparation, administration, guidance and most importantly kindness from start to finish. I am so glad we choose Clare to speak for us. Thank you."**

# Speak For Me LPA

## A guide to making your lasting power of attorney

### Frequently asked questions

#### 1. How long does it take to make an LPA?

The time taken to draft the initial document depends on how long it takes to consider options and have vital conversations. Next, all parties must sign the LPA, either in person or by post. Once drafted, checked and signed, your LPA is sent to the Office of The Public Guardian for registration. This takes approximately 20 weeks.

#### 2. How much does it cost at Speak For Me LPA?

See website for current rates - <https://www.speakformelpa.co.uk/rates>

*(Note: there is a cost of £82.00 per LPA charges by the Office of the Public Guardian, however there are exemptions and remissions available. Any Office of the Public Guardian cost is in addition to the cost of drafting the LPA).*

#### 3. When should I consider making my LPA?

The best time to do an LPA is now. Leaving the decision in the case of a progressive disease carries a risk that by the time it's needed, it will be too late. There is also a risk of suddenly losing capacity in an accident.

#### 4. What happens if I don't have an LPA?

It's a common misconception that your next of kin can make decisions for you if you cannot. Even if your'e married or have a joint bank account, the only way you can ensure this is through an LPA. Without an LPA, your family may need to apply to the Court of Protection to be your deputy if you lose capacity. This is a costly and lengthy process, and you won't be able to choose who will be appointed your deputy.

## Find out more

[clare@speakformelpa.co.uk](mailto:clare@ speakformelpa.co.uk)

[www.speakformelpa.co.uk](http://www.speakformelpa.co.uk)

07180 765552

@ClareFuller17 on Twitter

Contact Speak For Me LPA today to discuss your LPA.



**"Although only in my 30s, I want to know that if needed, my family wouldn't have to figure out who and how to look after me. And when I die, I want to know, I have made a plan, to look out for them."**