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<h2>What is the Mental Capacity Act?</h2>	<p>A law designed to protect adults who are unable to make decisions for themselves.</p>	<p>It helps individuals to plan for the future if at a later date they become unable to make their own decisions.</p>	<p>It offers protection to care workers and others who either have to make decisions on behalf of people who lack mental capacity or have to provide care that is restrictive.</p>	<p>The act enables people to make advance decisions about whether they would like future medical treatment if they later lack capacity to consent. Some treatments are excluded.</p>	<p>The act provides a framework that encapsulates previous good practice.</p>	<p>Front cover</p>  <p>85mm x 55mm</p>
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<p>There are five important principles everyone must follow when using the act:</p>	<p>Start off by thinking that the individual can make their own decision.</p>	<p>Give all practicable support to enable the person to make their own decision.</p>	<p>Never say someone can't make a decision just because someone else thinks it's wrong or bad.</p>	<p>When an individual can't make their own decision someone has to make it in the best way for them.</p>	<p>When someone makes a decision for an individual they must consider whether there is a less restrictive option. i.e. one that does not limit their rights or freedom more than necessary.</p>	<p>Back cover</p> <p>Skills for Care West Gate 6 Grace Street Leeds LS1 2RP</p> <p>Telephone 0113 2451716</p> <p><a href="http://www.skillsforcare.org.uk">www.skillsforcare.org.uk</a></p>
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