

Advance Health Care Directive

This form lets you have a say about how you want to be treated if you get very sick.

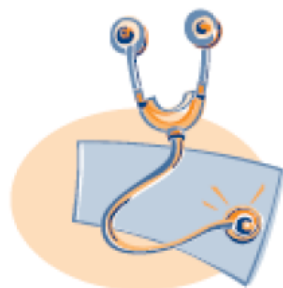


● This form has 3 parts. It lets you:



Part 1: Choose a health care agent.

A health care agent is a person who can make medical decisions for you if you are too sick to make them yourself.



Part 2: Make your own health care choices.

This form lets you choose the kind of health care you want.

This way, those who care for you will not have to guess what you want if you are too sick to tell them yourself.



Part 3: Sign the form.

It must be signed before it can be used.

You can fill out Part 1, Part 2, or both.

Fill out **only** the parts you want.

Always sign the form in Part 3.

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PI: Stacy Fischer, MD

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If you only want a health care agent go to **Part 1** on page 3.

If you only want to make your own health care choices go to **Part 2** on page 6.

If you want both then fill out **Part 1 and Part 2**.

Always sign the form in **Part 3** on page 9.

● What do I do with the form after I fill it out?

Share the form with those who care for you:

- doctors
- family & friends
- nurses
- social workers



● What if I change my mind?

- Change the form.
- Tell those that care for you about your changes



● What if I have questions about the form?

- Bring it to your doctors, nurses, social workers, family or friends to answer your questions.

● What if I want to make health care choices that are not on this form?

- Write your choices on a piece of paper.
- Keep the paper with this form.
- Share your choices with those who care for you.



PART 1 Choose your health care agent

The person who can make medical decisions for you if you are too sick to make them yourself.

Whom should I choose to be my health care agent?

A family member or friend who:



- is at least 18 years old
- knows you well
- can be there for you when you need them
- you trust to do what is best for you
- can tell your doctors about the decisions you made on this form

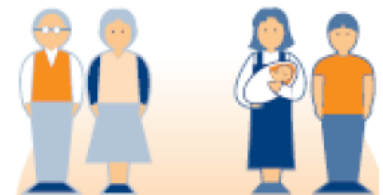


Your agent **cannot** be your doctor or someone who works at your hospital or clinic, unless they are a family member.

What will happen if I do not choose a health care agent?

If you are too sick to make your own decisions, your doctors will ask your closest family members to make decisions for you.

If you want your agent to be someone other than family, you must write his or her name on this form.



What kind of decisions can my health care agent make?

Agree to, say no to, change, stop or choose:

- doctors, nurses, social workers
- hospitals or clinics
- medications or tests
- what happens to your body and organs after you die



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Other decisions your agent can make:

● **Life support treatments** – medical care to try to help you live longer

- **CPR or cardiopulmonary resuscitation**

cardio = heart pulmonary = lungs resuscitation = to bring back



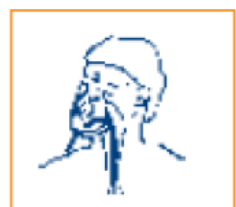
This may involve:

- pressing hard on your chest to keep your blood pumping
- electrical shocks to jump start your heart
- medicines in your veins

- **Breathing machine or ventilator**

The machine pumps air into your lungs and breathes for you.

You are not able to talk when you are on the machine.



- **Dialysis**

A machine that cleans your blood if your kidneys stop working.

- **Feeding Tube**

A tube used to feed you if you cannot swallow. The tube is placed down your throat into your stomach. It can also be placed by surgery.



- **Blood transfusions**

To put blood in your veins.

- **Surgery**

- **Medicines**

● **End of life care** – if you might die soon your health care agent can:



- call in a spiritual leader
- decide if you die at home or in the hospital



Show your health care agent this form.

Tell your agent what kind of medical care you want.



Your Health Care Agent



- I want this person to help make my medical decisions.

first name	last name		
street address	city	state	zip code
() -	() -		
home phone number	work phone number		

- If the first person cannot do it, then I want this person to help make my medical decisions.

first name	last name		
street address	city	state	zip code
() -	() -		
home phone number	work phone number		

- Put an X next to the sentence you agree with.

- My health care agent can make decisions for me **now**.
- My health care agent will make decisions for me **only** after I cannot make my own decisions.

To make your own health care choices go to Part 2 on the next page.

PART 2

Make your own health care choices

Write down your choices so those who care for you will not have to guess.

Think about what makes your life worth living.

Put an X next to **all** the sentences you most agree with.

My life is **only** worth living if I can:

Put an X next to **all** the sentences you most agree with.

- talk to family or friends
- wake up from a coma
- feed, bathe, or take care of myself
- be free from pain
- live without being hooked up to machines
- I am not sure



My life is always worth living no matter how sick I am

If I am dying, it is important for me to be:

- at home in the hospital I am not sure

Is religion or spirituality important to you?

- no yes

What should your doctors know about your religion or spirituality?

If you are sick, your doctors and nurses will always try to keep you comfortable and free from pain.

Life support treatments are used to try to keep you alive. These can be CPR, a breathing machine, feeding tubes, dialysis, blood transfusions, or medicine.

Put an X next to the one choice you most agree with.

Please read this whole page before you make your choice.

● If I am so sick that I may die soon:

- Try all life support treatments that my doctors think might help.

If the treatments **do not work** and there is little hope of getting better, **I want to stay** on life support machines.



- Try all life support treatments that my doctors think might help.

If the treatments **do not work** and there is little hope of getting better, **I do not want to stay** on life support machines.



- Try all life support treatments that my doctors think might help **but not** these treatments. Mark what you do not want.

- | | |
|--|---|
| <input type="radio"/> CPR | <input type="radio"/> feeding tube |
| <input type="radio"/> dialysis | <input type="radio"/> blood transfusion |
| <input type="radio"/> breathing machine | <input type="radio"/> medicine |
| <input type="radio"/> other treatments _____ | |

- I **do not want** any life support treatments.

- I want my **health care agent** to decide for me.

- I am not sure.

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Part 2: Make your own health care choices

Your doctors may ask about organ donation and autopsy after you die.
Please tell us your wishes.

Put an X next to the one choice you most agree with.

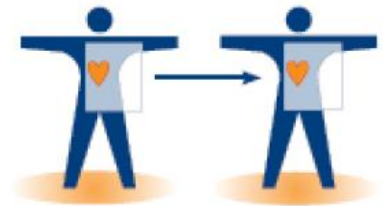
● Donating (giving) your organs can help save lives.

I want to donate my organs.

Which organs do you want to donate?

any organ

only _____



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I do not want to donate my organs.

I want my health care agent to decide.

I am not sure.

● An autopsy can be done after death to find out why someone died. It is done by surgery. It can take a few days.

I want an autopsy.

I do not want an autopsy.

I want an autopsy if there are questions about my death.

I want my health care agent to decide.

I am not sure.



● What should your doctors know about how you want your body to be treated after you die?



