

Advance Health Care Directive

Advance Health Care Directive


This form lets you have a say about how you want to be cared for if you cannot speak for yourself.

This form has 3 parts:

- Part 1 Choose a medical decision maker, Page 3**
A medical decision maker is a person who can make health care decisions for you if you are not able to make them yourself. They are also called a health care agent, proxy, or surrogate.
- Part 2 Make your own health care choices, Page 6**
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 not able to tell them yourself.
- Part 3 Sign the form, Page 11**
The form 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.
2 witnesses need to sign on Page 12, or a notary on Page 13.

Your Name _____

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MYPLAN
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SONOMA COUNTY

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Choosing a medical decision maker

Can you think of **any** family or friends who **might be willing and able** to make medical decisions for you if you become too sick to make your own decisions?



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A good medical decision maker is a family member or friend who:

- ✓ Is 18 years of age or older
- ✓ Can talk to you about your wishes
- ✓ Can be there for you when you need them
- ✓ You trust to follow your wishes and do what is best for you
- ✓ You trust to know your medical information
- ✓ Is not afraid to ask doctors questions and speak up about your wishes

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Things your medical decision maker can choose for you

Start or stop life support or medical treatments, such as:

- Cardiopulmonary resuscitation (CPR)
- Breathing machine or ventilator
- Dialysis
- Artificial nutrition or hydration (feeding tube or IV)
- Blood transfusions
- Surgery
- Medications

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When should they speak up?

When do you want someone to make medical decisions for you?

- ONLY after I am not able to make my own decisions
- NOW, right after I sign this form



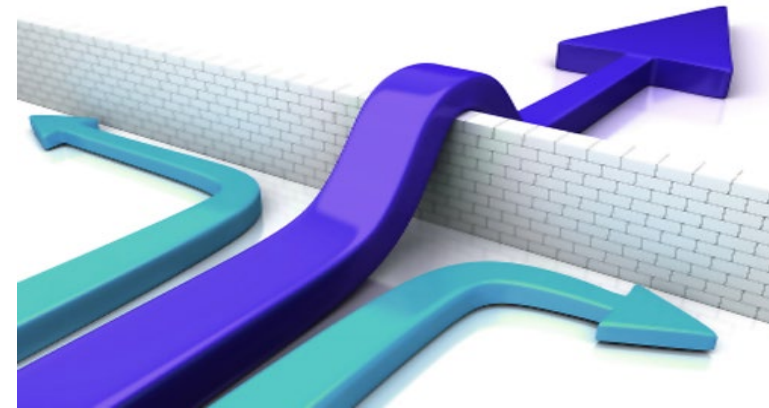
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Flexibility

Flexibility allows your decision maker to change your prior decisions IF doctors think something else is better for you at that time

How strictly should your wishes be followed if you are no longer able to speak for yourself?

- Total flexibility
- Some flexibility
- No flexibility



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How do you prefer to make medical decisions?

- On my own
- After input from others
- Others can make my decisions for me

Who would you want input from?



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Quality of life

What matters most in your life?

What brings you joy?

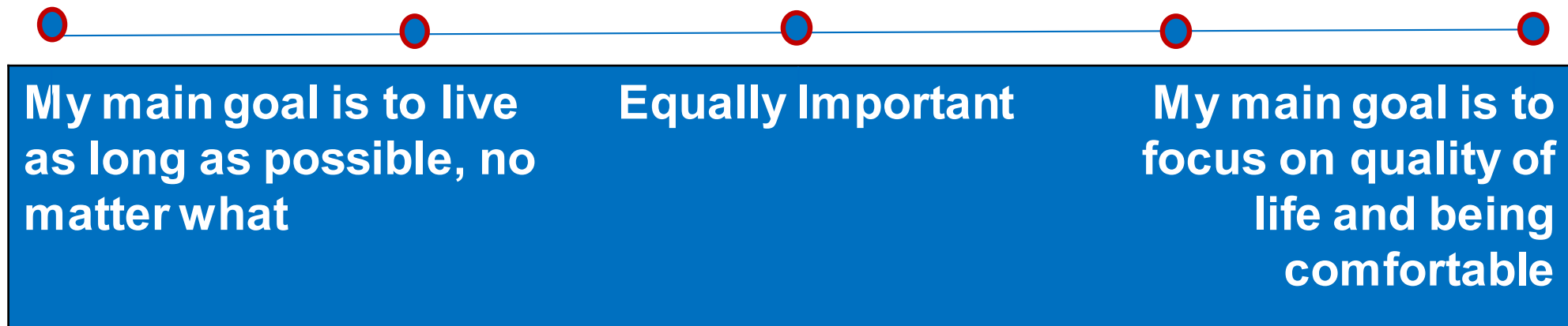
What are you looking forward to the most?



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Quality of life differs for each person. What are your goals today?...

How do you feel today, in your current health?



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... And if you were very ill?

How would you feel if you were so sick that you might die soon?



<p>My main goal is to live as long as possible, no matter what</p>	<p>Equally Important</p>	<p>My main goal is to focus on quality of life and being comfortable</p>
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At the end of life, which of these things would make you want to focus on quality vs. quantity of life?

- Being in a coma, unable to wake up or talk to family and friends
- Not being able to live without being hooked up to machines
- Not being able to think for myself, such as dementia
- Not being able to feed, bathe, or take care of myself
- Not being able to live on my own
- Having constant, severe pain or discomfort
- Something else?
- OR**, I'm willing to accept these things for a chance to live longer

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Personal choices

What are your experiences with

- serious illness
- someone who was sick or dying?

If you are dying, where do you want to be?

What else would be important to you?



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How do you balance quality of life with medical care?

If you were so sick that you might die soon, what would you prefer?

- Try all life support treatments even if there is little hope of getting better
- Do a trial of life support treatments but discontinue if there is little hope of getting better or living a life of value
- I do not want life support treatments but rather focus on comfort and a natural death



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Consider your wishes

Your decision maker may be asked about:

- Organ donation
- Autopsy
- Funeral or burial wishes



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What else should your doctor and decision maker know?

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What is required to make it legal?

- ✓ Your signature
- ✓ Date of completion
- ✓ Two witnesses or notary



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What to do with your completed advance health care directive

- Give a copy to your decision maker
- Make copies for loved ones
- Talk with your doctor and get it in your record
- Keep a copy for yourself
- Take it with you if you are hospitalized
- Remember, photocopies are OK



Keeping wishes up to date

Review and update regularly. Always after important life changes...And remember the 6 Ds:

Decade Divorce Decline
Death Diagnosis Dementia

Change your wishes any time, for any reason.



What next steps will you take?

- Talk to your family and friends about your medical wishes
- Talk to medical providers about your medical wishes
- Ask someone to be your medical decision maker if possible.
- Put your wishes in writing on an advance directive
- Give a copy of your advance directive to medical providers

