

WHAT IS AN ADVANCED DIRECTIVE?



AN ADVANCED DIRECTIVE IS A LEGAL DOCUMENT THAT INCLUDES AN INDIVIDUAL'S CHOICES REGARDING MEDICAL CARE.

WHAT PURPOSE DOES AN ADVANCED DIRECTIVE SERVE?

- Guides doctors, nurses and family members in understanding a patient's wishes if they become too sick or injured to communicate
- Serves as a legal document outlining care preferences when the patient is unable to speak for themselves

WHAT TO INCLUDE IN AN ADVANCED DIRECTIVE

- **Medical Proxy or Medical Power of Attorney**
 - Who will make your decisions for you?
- **Preferences Regarding Life Support**
 - Do you want to be on a breathing machine or have CPR if your heart stops?
- **Pain Management**
 - Are there any pain relieving medications you are not okay with receiving?
- **Medications & Devices**
 - Are you okay with receiving antibiotics or a feeding tube?
- **Organ Donation**
 - Would you like to donate your organs after your death?
- **Spiritual or Religious Preferences**

HOW TO GET STARTED

- Obtain an advanced directive form from your doctor, hospital or state health department
- Share copies with your health care proxy and medical provider to ensure your wishes are known
- Review and update your directive regularly to reflect any changes in your health or preferences

ADVANCED DIRECTIVE CHECKLIST

Key Components of an Advanced Directive	<input checked="" type="checkbox"/>
Medical Proxy or Medical Power of Attorney	<input type="checkbox"/>
Preferences Regarding Life Support	<input type="checkbox"/>
Pain Management	<input type="checkbox"/>
Medications & Devices	<input type="checkbox"/>
Organ Donation	<input type="checkbox"/>
Spiritual or Religious Preferences	<input type="checkbox"/>
Other Personal Needs or Requests	<input type="checkbox"/>