

# Advance Directives

Make your wishes known

When you become a patient you have the right to refuse medical care while you have the capacity to make your own medical decisions.

When a patient has lost the ability to make health care decision and or is in a terminal condition and unable to make then a Living Will serves as a statement by the patient of his or her desires concerning any life-saving treatment.

Every state have their own Health Care Directives. In California, these are legally recognized format for Living Wills.

## **What are your rights to choose medical care?**

You have the right to make your own medicals treatment decision. If you do not want certain treatments, you have the right tell your doctor you do not them.

## **What is an Advance Health Care Directive?**

Most patients can express their wishes to their doctor, but some who are seriously injured or unconscious cannot. However, you have the right to make your wishes known before such a situation occurs or take steps to appoint a person to help with the decisions. An advance care directive is the best way to make sure that your health care decisions. It's the best way to make sure that your health care wishes are known.

\* Appoint another person to be your health care agent. This person will have legal authority to make medical decisions, when you are unable to make them for yourself.

\* Write down your wishes in in a directive form

\* Express your wishes about organ and tissue donation

Living Will replaces the Natural Death Act Declaration. It allows you to do more than the traditional Living Will, which only states your desire not to receive life-sustain treatment.

### **Who can you appoint as a health care agent?**

\* Spouse

\* Adult child

\* A friend

\* Someone you trust

\* Your doctor

\* A person from the community care facility

\* Even more than than one person 1st and 2nd choice

\* Be sure they know they are going to do this for you

You can download a Health Directive according to your state <https://eforms.com/advance-directive/>

Thank you for doing this for yourself!

Mari-Lyn Harris

Heart@Work