

What Matters Most?

Advance Directive Workshop

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What is an Advance Directive for Healthcare?

- An Advance Directive (also known as a "Power of Attorney for Healthcare" and sometimes referred to as a "Living Will") is a legal document stating your wishes for what kinds of medical treatment you would want or not want, now and in the future
- This document names one or more decision makers who know your wishes and can speak for you, if for any reason you are unable to speak for yourself
- An Advance Directive can simply state your wishes and name your decision makers, and it can also include more details about your values, what "quality of life" means to you, how you would want to be treated at the end of life, as well as authorizing your decision makers to make funeral arrangements

Advance care planning is an important way to ensure that we honor your wishes for health care and reduce stress for you and your family and friends if medical decisions need to be made.

Why is it important to have an Advance Directive for Healthcare?

- We never know when a medical emergency might happen
- Advance care planning is an important way to ensure that your wishes for health care are honored
- Reduces stress for you and your family and friends if medical decisions need to be made.



Advance Directive for Healthcare

California 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.
This person will be your advocate.
They are also called a health care agent, proxy, or surrogate.

Part 2 Make your own health care choices, Page 7


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 13

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 14, or a notary on Page 15.

Your Name _____

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Choosing a Medical Decision Maker

Can you think of any family or friends who would be willing and able to make medical decisions for you if you are unable to speak for yourself, for any reason?



Your Decision Maker:

- Is 18 years or older
- Can have a serious conversation with you about your wishes
- Can be there for you when you need them
- Can be a strong advocate in a hospital situation
- You trust to follow your wishes
- You trust to know your medical information
- Is not afraid to ask doctors questions and speak up about your wishes

When Should Your Decision Maker 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



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:** It is OK for my decision maker to change any of my medical decisions if my doctors think it is best for me at that time.
- ☐ **Some Flexibility:** It is OK for my decision maker to change some of my decisions if the doctors think it is best. But, these wishes I NEVER want changed:
- ☐ **No Flexibility:** I want my decision maker to follow my medical wishes exactly. It is NOT OK to change my decisions, even if the doctors recommend it.



How Do You Prefer to Make Medical Decisions?

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

Who would you want input from?

Treatments or Procedures that 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

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** that my doctors think might help. I want to **stay on life support** treatments even if there is little hope of getting better or living a life I value.
- ☐ Do a **trial of life support treatments** that my doctors think might help. But, I **DO NOT want to stay on life support** treatments if the treatments do not work and there is little hope of getting better or living a life I value.
- ☐ I **do not want life support treatments**, and I want to focus on being comfortable. I prefer to have a **natural death**.

Quality of Life

What matters most in your life?

What brings you joy?

What are you looking forward to the most?



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 and not able to wake up or talk to my family and friends
 - ☐ Not being able to live without being hooked up to machines
 - ☐ Not being able to think for myself, such as severe dementia
 - ☐ Not being able to feed, bathe, or take care of myself
 - ☐ Not being able to live on my own, such as in a nursing home
 - ☐ Having constant, severe pain or discomfort
 - ☐ Something else
- ☐ **OR**, I am willing to live through all of these things for a chance of living longer.



Personal Choices

What are your experiences with

- Serious illness?
- Some who was sick or dying?

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

What else would be important to you?

Have you discussed this with anyone?

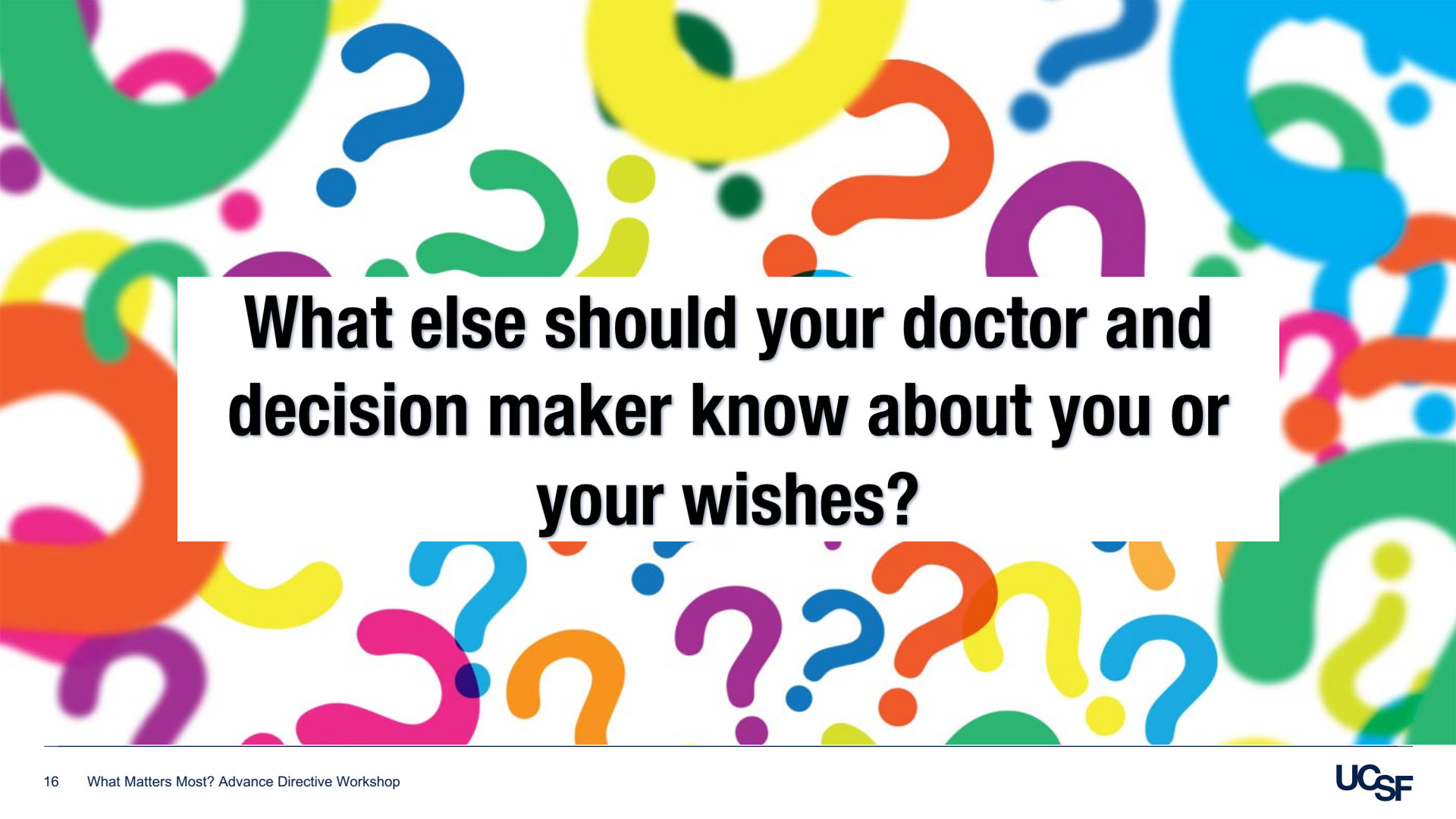


Consider Your Wishes

Your decision maker may be asked about:

- Organ Donation
- Autopsy
- Funeral or burial wishes



The background of the slide is a white surface covered with numerous colorful question marks in various sizes and orientations. The colors include green, blue, yellow, orange, purple, pink, and red. The question marks are scattered across the entire slide, creating a vibrant and curious atmosphere.

**What else should your doctor and
decision maker know about you or
your wishes?**

What is Required to Make It Legal?

- Your Signature
- Date of Completion
- Two witnesses who are not named as your agents (to sign) or have it notarized



What if I can't find two witnesses or have it notarized?

It is still important that you discuss your wishes with your agents and if possible, your doctors.

You can still have it uploaded to your medical record so it is on file and healthcare providers have an inkling of your wishes.

What to Do with Your Completed Advance Directive

- Make a copy and keep it in an easy to find place
- Give copies to your decision makers
- Make copies for loved ones
- Talk with you doctor
- Make sure it is in your medical record
- 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. Remember the 6 Ds:

- ❖ Decade
- ❖ Divorce
- ❖ Decline
- ❖ Death
- ❖ Diagnosis
- ❖ Dementia

Change your wishes any time, for any reason. This is a living document and changes as you change.

What Next Steps Will you Take?

- Talk to your family & friends about your healthcare wishes
- Talk to medical providers about your 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, your family, and decision makers



Thank You!

Learn more:

<https://MERI.ucsf.edu>

www.prepareforyourcare.org

<https://coalitionccc.org/tools-resources/decision-guides/>

<http://www.coalitionccc.org/advance-health-planning.php>.

<http://www.codaalliance.org>

