

# Plan Ahead with Advanced Directives

Advance directives are legal documents that allow you to make your wishes known about your future medical care if you become unable to make decisions for yourself. They can help ensure that your wishes are respected, even if you are unable to communicate them yourself.

## There are two main types of advance directives:

### 1. Living will:

This document specifies your wishes for medical treatment if you are in a terminal condition or permanently unconscious. Your living will can state whether you want to receive certain medical treatments, such as CPR, artificial ventilation, or feeding tubes.

### 2. Durable power of attorney for healthcare:

This document, often referred to as a DPOA-HC, appoints someone you trust to make medical decisions on your behalf if you are unable to do so. This person is called your healthcare proxy and can make decisions about your medical care, including whether to consent to certain treatments.

## There are other types of advance directives, such as:

### 1. Do not resuscitate (DNR) orders:

A DNR order is a medical directive that instructs healthcare providers not to attempt to resuscitate you if your heart stops or you stop breathing.

### 2. Physician Orders for Life-Sustaining Treatment (POLST):

A POLST is a form that outlines your wishes for end-of-life care. It is similar to a living will, but it is more specific and is designed to be used in the hospital or other healthcare setting.

Advance directives allow you to take control of your future medical care. They help ensure that your wishes are respected and that you receive the care that you want, even if you are unable to make decisions for yourself.

If you are considering creating an advance directive, it is important to talk to your doctor or an attorney. They can help you understand your options and create a document that reflects your wishes. Be sure to keep your advance directive up-to-date as your health changes or your wishes change.



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