

ADVANCE DIRECTIVES *for* HEALTHCARE



Advance Directives are documents that state your choice about your medical care in the event that you are unable to communicate your wishes with those involved in your care. These documents are not mandatory, but may be helpful in planning your future care and communicating your wishes to those who take care for you. There are 3 types of directives. You may choose to complete any or all in order to make your health care plans clear to others.

We suggest that you read about each of these documents, ask questions and most importantly, discuss your decisions with those close to you who are involved in your life and healthcare. If you have completed any Advance Directive document, give us a copy of the document(s) for your medical record. This will assure that we are aware of, and can respect your treatment plans.

Living Will

is intended to communicate your wishes about medical treatment at the end of life in case you are unable to speak for yourself due to illness or injury. It tells your doctor whether or not you want to have life-sustaining treatments or procedures performed if you are in an irreversible situation. It takes effect while you are still living and becomes effective when **1)** you have provided a copy to your doctor; **2)** you are no longer able to make your own health care decisions; and **3)** It has been determined that you are in an irreversible condition.

Medical Power of Attorney

is a legal document that allows you to appoint another person to make medical decisions for you, should you become temporarily or permanently unable to make decisions for yourself. The designee becomes your spokesperson for health care decisions of all types. The person chosen should know you, your wishes, be aware of the request and be willing to carry out the responsibility.

Out of Hospital Do Not Resuscitate Information

is in effect when you are not in a hospital. It notifies emergency medical and other health care providers to permit you to have a natural death with peace and dignity, in the event that your heart stops beating or you stop breathing.



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Please let any of our health care team members know if you would like a resource packet with more information about Advance Directives. Some other helpful resources that you may use to learn more about these documents and to obtain forms that can be filled out by you are listed below.

Contact Your Health Insurance Company

Many Insurance plans have resources available to help you when you communicate your advance directive choices.

National Hospice and Palliative Care
Organization

CaringInfo



www.caringinfo.org

1-800-658-8898 (toll-free)

caringinfo@nhpco.org (email)



TEXAS
Health and Human
Services

Living Will English & Spanish

Medical Power of Attorney (English & Spanish)

Out of Hospital Do Not Resuscitate



NATIONAL CANCER INSTITUTE

1-800-422-6237 (toll-free)

cancergovstaff@mail.nih.gov (email)

www.cancer.gov/about-cancer/managing-care/advance-directives



http://www.aarp.org/relationships/caregiving-resource-center/info-11-2010/lfm_living_will_and_health_care_power_of_attorney.html