

ADVANCE DIRECTIVE

Your Durable Power of Attorney for Health Care, Living Will and Other Wishes

INSTRUCTIONS AND DEFINITIONS

Introduction:

This form is a combined Durable Power of Attorney for Health Care and Living Will for use in the District of Columbia, Maryland and Virginia.

With this form, you can:

- * Appoint someone to make medical decisions for you if you in the future are unable to make those decisions for yourself;

and/or

- * Indicate what medical treatment you do or do not want if in the future you are unable to make your wishes known.

Directions:

- * Read each section carefully.
- * Talk to the person you plan to appoint to make sure that he/she understands your wishes, and is willing to take the responsibility.
- * Place the initials of your name in the blank before those choices you want to make.
- * Fill in only those choices that you want under Parts 1, 2 and 3. Your advance directive should be valid for whatever parts you fill in, as long as it is properly signed.
- * Add any special instructions in the blank spaces provided. You can write additional comments on a separate sheet of paper, but should indicate on the form that there are additional pages to your advance directive.
- * Sign the form and have it witnessed.
- * Give your doctor, nurse, the person you appoint to make your medical decisions for you, your family, and anyone else who might be involved in your care, a copy of your advance directive and discuss it with them.
- * Understand that you may change or cancel this document at any time.

Words You Need to Know:

Advance Directive: A written document that tells what a person wants or does not want if he/she in the future cannot make his/her wishes known about medical treatment.

Artificial Nutrition and Hydration: When food and water are fed to a person through a tube.

Autopsy: An examination done on a dead body to find the cause of death.

Comfort Care: Care that helps to keep a person comfortable but does not make him/her better. Bathing, turning, keeping a person's lips moist are types of comfort care.

CPR (Cardiopulmonary Resuscitation): Treatment to try and restart a person's breathing or heartbeat. CPR may be done by pushing on the chest, by putting a tube down the throat, and/or by other treatment.

Durable Power of Attorney for Health Care: An advance directive that appoints someone to make medical decisions for a person if in the future he/she cannot make his/her own medical decisions.

End-Stage Condition: Any chronic, irreversible condition caused by injury or illness that has caused serious, permanent damage to the body. A person in an end-stage condition requires others to provide most of his/her care.

Life-Sustaining Treatment: Any medical treatment that is used to keep a person from dying. A breathing machine, CPR, artificial nutrition and hydration are examples of life-sustaining treatment.

Living Will: An advance directive that tells what medical treatment a person does or does not want if he/she is not able to make his/her wishes known.

Organ and Tissue Donation: When a person permits his/her organs (such as eyes or kidneys) and other parts of the body (such as skin) to be removed after death to be transplanted for use by another person or to be used for experimental purposes.

Persistent Vegetative State: When a person is unconscious with no hope of regaining consciousness even with medical treatment. The body may move and eyes may be open, but as far as anyone can tell, the person cannot think or respond.

Terminal Condition: An on-going condition caused by injury or illness that has no cure and from which doctors expect the person to die, even with medical treatment. Life-sustaining treatments will not improve the person's condition and only prolong a person's dying.

District of Columbia, Maryland and Virginia

ADVANCE DIRECTIVE

My Durable Power of Attorney for Health Care, Living Will and Other Wishes

I, EXAMPLE, write this document as a directive regarding my medical care.

Put the initials of your name by the choices you want:

PART 1. MY DURABLE POWER OF ATTORNEY FOR HEALTH CARE

As long as I can make my wishes known, my doctors will talk to me and I will make my own health care decisions.

_____ I appoint this person to make decisions about my medical care if there ever comes a time when I cannot make those decisions myself.

_____	_____	_____
name	home phone	work phone

address		

_____ If the person above cannot or will not make decisions for me, I appoint this person:

_____	_____	_____
name	home phone	work phone

address		

_____ I have not appointed anyone to make health care decisions for me in this or any other document. I understand that if I do not appoint a Durable Power of Attorney for Health Care, someone may be designated to make my health care decisions by law or by a court.

I want the person I have appointed, my doctors, my family and others to be guided by the decisions I have made below:

PART 2. MY LIVING WILL

These are my wishes for my future medical care if there ever comes a time when I cannot make these decisions for myself.

A. In general, these are the goals I have for my care if I am ever seriously ill or have a serious injury (state in your own words what you believe is most important to you):

Put the initials of your name next to important values for you if you are ever seriously ill or have a serious injury:

- _____ Medicines needed to keep me pain-free
- _____ Ability to recognize my family/friends
- _____ other _____
- _____ other _____

B. These are my wishes if I have a terminal condition:

Life-Sustaining Treatments

- _____ I do not want life-sustaining treatments (including CPR) started. If life-sustaining treatments are started, I want them stopped.
- _____ I want life-sustaining treatments (including CPR) started on a temporary basis; if I do not show signs of recovery, then I want them stopped.
- _____ I want life-sustaining treatments continued that my doctors think are best for me.
- _____ Other wishes: _____

Artificial Nutrition and Hydration:

- _____ I do not want artificial nutrition and hydration started if it would be the main treatment keeping me alive. If artificial nutrition and hydration is started, I want it stopped.
- _____ I want artificial nutrition and hydration, even if it is the main treatment keeping me alive.
- _____ Other wishes: _____

C. These are my wishes if I am ever in a persistent vegetative state:

Life-Sustaining Treatments

_____ I do not want life-sustaining treatments (including CPR) started. If life-sustaining treatments are started, I want them stopped.

_____ I want life-sustaining treatments (including CPR) started on a temporary basis; if I do not show signs of recovery, then I want them stopped.

_____ I want life-sustaining treatments continued that my doctors think are best for me.

_____ Other wishes: _____

Artificial Nutrition and Hydration:

_____ I do not want artificial nutrition and hydration started if it would be the main treatment keeping me alive. If artificial nutrition and hydration is started, I want it stopped.

_____ I want artificial nutrition and hydration, even if it is the main treatment keeping me alive.

_____ Other wishes: _____

D. These are my wishes if I ever have an End-Stage Condition (including Alzheimer's or other dementia):

Life-Sustaining Treatments

_____ I do not want life-sustaining treatments (including CPR) started. If life-sustaining treatments are started, I want them stopped.

_____ I want life-sustaining treatments (including CPR) started on a temporary basis; if I do not show signs of recovery, then I want them stopped.

_____ I want life-sustaining treatments continued that my doctors think are best for me.

_____ Other wishes: _____

Artificial Nutrition and Hydration:

_____ I do not want artificial nutrition and hydration started if it would be the main treatment keeping me alive. If artificial nutrition and hydration is started, I want it stopped.

_____ I want artificial nutrition and hydration, even if it is the main treatment keeping me alive.

_____ Other wishes: _____

E. Other Directions:

You have the right to be involved in all decisions about your medical care, even those not dealing with terminal conditions, persistent vegetative state or end-stage conditions. If you have wishes not covered in other parts of this document, please indicate them here: _____

Part 3. OTHER WISHES

A. Organ Donation

_____ I do not wish to donate any of my organs or tissues.

_____ I want to donate all of my organs and tissues.

_____ I only want to donate these organs and/or tissues: _____

B. Autopsy

_____ I do not want an autopsy.

_____ I agree to an autopsy if my doctors wish it.

_____ Other wishes: _____

Part 4. SIGNATURES

In Process

You and two witnesses must sign this document in order for it to be legal.

A. Your Signature

By my signature below, I show that I understand the purpose and the effect of this document.

Signature _____ Date _____

Address _____

B. Your Witnesses' Signatures

I believe the person who has signed this advance directive to be of sound mind, that he/she signed or acknowledged this advance directive in my presence, and that he/she appears not to be acting under pressure, duress, fraud or undue influence. I am not related to the person making this advance directive by blood marriage or adoption, nor, to the best of my knowledge, am I named in his/her will. I am not the person appointed in this advance directive. I am not a health care provider or an employee of a health care providers who is now, or has been in the past, responsible for the care of the person making this advance directive.

Witness #1

Signature _____ Date _____

Address _____

Witness #2

Signature _____ Date _____

Address _____