

Health Care Directive

■ **Take a copy of this with you whenever you go to the hospital or on a trip** ■

I, _____, SS# _____ want everyone who cares for
(please print)
me to know what health care I want **when I cannot let others know what I want.**

I always expect to be given care and treatment for pain or discomfort even when such care might make me sleepy, make me feel like not eating, slow down my breathing, or be habit-forming.

I want my doctor to try treatments that may get me back to an acceptable quality of life, with the understanding that treatment will be withdrawn if my condition does not improve to a quality acceptable to me. By an "acceptable quality of life," I mean living in a way that lets me do the things that are important and necessary to me. Those things are

- | | | | |
|--------------------------|-------------------------------|-----------------------|---------------|
| Examples: the ability to | • recognize family or friends | • make decisions | • communicate |
| | • feed myself | • take care of myself | |

I want to have a natural death; therefore, I direct that no treatment (including food or water by tube) be given just to keep me alive when I have

- a condition that will cause me to die soon, or
- a condition so bad (including substantial brain damage or brain disease) that there is no reasonable hope that I will regain a quality of life acceptable to me (as described above).

However, in these conditions, I **would** consent to

- | | | | |
|-----------|-------------------------|----------------|----------------|
| Examples: | • resuscitation (CPR) | • dialysis | • ventilator |
| | • food or water by tube | • chemotherapy | • transfusions |
| | • surgery | • antibiotics | |

I also want _____

- | | | | |
|-----------|-----------------------|----------------|------------------|
| Examples: | • to donate my organs | • hospice care | • to die at home |
|-----------|-----------------------|----------------|------------------|

Please refer to my *Caring Conversations* Workbook which is located _____.

■ **Be sure to sign this form on the reverse side of this page** ■

If you only want to name a Durable Power of Attorney for Health Care Decisions, draw a large X through this page.

Talk about this form and your ideas about your health care with the person you have chosen to make decisions for you, your doctor(s), family, friends, and clergy, and give each of them a completed copy. You may cancel or change this form at any time. You should review it often. Each time you review it, put your initials and the date here _____

This document is provided as a service by Midwest Bioethics Center, the Kansas City Metropolitan Bar Association, and the Metropolitan Medical Society of Greater Kansas City. It may be downloaded from our web site.

Durable Power of Attorney for Health Care Decisions

It is important to choose someone to make health care decisions for you when you cannot. **Tell the person (agent) you choose what you would want.** The person you choose has the right to make any decision to ensure that your wishes are honored. If you **DO NOT** choose someone to make decisions for you, write **NONE** on the line for the agent's name.

I appoint the person named below to be my agent to make health care decisions for me when and only when I cannot make decisions or communicate what I want done. This is a Durable Power of Attorney for Health Care Decisions and the power of my agent shall not end if I become incapacitated or if there is uncertainty that I am dead. This revokes any prior Durable Power of Attorney for Health Care Decisions. My agent may not appoint anyone else to make decisions for me. I and my estate hold my agent and my caregivers harmless and protect them against any claim based upon following this Durable Power of Attorney for Health Care or my Health Care Directive. My agent shall not be responsible for any of these costs. I grant to my agent full power to make all decisions for me about my health care, including the power to direct the withholding or withdrawal of life-prolonging treatment. In exercising this power, I expect my agent to be guided by my directions as stated in my Health Care Directive (*see reverse side*). My agent is also authorized to

- Consent, refuse or withdraw consent to any care, treatment, service or procedure (including artificially supplied nutrition and/or hydration/tube feeding) used to maintain, diagnose or treat a physical or mental condition;
- Make all necessary arrangements for any hospital, psychiatric treatment facility, hospice, nursing home, or other health care organization; and, employ or discharge health care personnel (any person who is authorized or permitted by the laws of the state to provide health care services) as he or she shall deem necessary for my physical, mental, or emotional well being;
- Request, receive, and review any information regarding my physical or mental health, or my personal affairs, including medical and hospital records; and, execute any releases that may be required to obtain such information;
- Move me into or out of any State or institution for the purpose of complying with my Health Care Directive or the decisions of my agent;
- Take legal action, if needed, to do what I have directed;
- Make decisions about autopsy and organ donation, and the disposition of my body; and
- Become my guardian if one is needed.

If you DO NOT want the person (agent) you name to be able to do any of the above things, draw a line through it, and put your initials at the end of the line.

Agent's name _____ Phone _____

Address _____

*If you do **not** want to name an alternate, write "none."*

First Alternate Agent

Name _____

Address _____

Phone _____

Second Alternate Agent

Name _____

Address _____

Phone _____

SIGN HERE for the *Durable Power of Attorney* and/or *Health Care Directive* forms. Many states require notarization. Please ask two (2) persons to witness your signature who are not related to you or financially connected to you or your estate.

Signature _____ Date _____

Witness _____ Date _____ Witness _____ Date _____

Notarization:

On this ___ day of _____, in the year of _____, personally appeared before me the person signing, known by me to be the person who completed this document and acknowledged it as his/her free act and deed. IN WITNESS WHEREOF, I have set my hand and affixed my official seal in the County of _____, State of _____, on the date written above.

Notary Public _____ Commission Expires _____