

# Advance Directive Guide

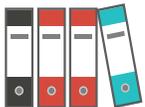
An Advance Care Directive lets you have a say about how you want to be cared for if you cannot speak for yourself.



An Advance Care Directive lets you designate a health care representative. A health care representative is a person chosen by you to make health care decisions, including end-of-life decisions, if you are unable to make your own.

It is a good idea to talk with this person about your preferences ahead of time. A doctor will determine if you are unable to make your own decisions.

- You can choose one or more health care representatives to be your advocate. Sometimes, they are also called a medical decision maker, surrogate, health care power of attorney, agent, or proxy.
- Advance Care Directives 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.
- *The Advance Care Planning form must be signed before it can be used.* This is a legal form that lets you have a voice in your health care. It will let your family, friends, and medical providers know how you want to be cared for if you cannot speak for yourself.



## What should I do with this form?

Please share this form with your health care representatives, family, friends, and medical providers.

Please make sure copies of this form are placed in your medical record at all of the places you get care.



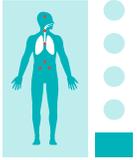
## When should I fill out this form again?

- If you change your mind about your health care choices
- If your health changes
- If you want to change your health care representatives

A good health care representative is a family member or friend who:

- is 18 years of age or older
- can talk to you about your wishes
- can be there for you when you need them
- you trust to follow your wishes and do what is best for you
- you trust to know your medical information
- is not afraid to ask doctors questions and speak up about your wishes





## What will happen if I do not choose a health care representative?

If you are not able to make your own decisions, your doctors will turn to adult family or friends (listed in order in Indiana law) or a judge to make decisions for you. This person may not know what you want.

### Additional Advance Directives May Include:

- **Physician Orders for Scope of Treatment (POST)**

A “Physician Orders for Scope of Treatment” (also referred to as a POST form) is a direct physician order for the person with at least one of the following:

1. An advanced chronic progressive illness
2. An advanced chronic progressive frailty
3. A condition caused by injury, disease, or illness, from which to a reasonable degree of medical certainty, there can be no recovery and death will occur from the condition within a short period without the provision of life-prolonging procedures.
4. A medical condition that, if the person were to suffer cardiac or pulmonary failure, resuscitation would be unsuccessful or within a short period the person would experience repeated cardiac or pulmonary failure resulting in death.

In consultation with you or your legal representative, your physician will write orders that reflect your wishes with regards to cardiopulmonary resuscitation (CPR), medical interventions (comfort measures, limited additional interventions, or full treatment), antibiotics and artificially administered nutrition.

This document will follow you and be followed wherever you are being provided medical care – hospital, doctor office, long term care or other facility or at home.

### What Should I Do With My Advance Directive If I Choose to Have One?

Make sure that your health care representative, immediate family members, physician, attorney, and other health care providers know that you have an Advance Directive. Be sure to tell them where it is located. You should ask your physician and other health care providers to confirm your Advance Directive is part of your permanent medical chart. If you have a power of attorney, you should give a copy of your Advance Directive to your power of attorney. You may wish to keep a small card in your purse or wallet that states that you have an Advance Directive, where it is located, and who to contact for your power of attorney or health care representative if you have named one.

For additional information on Advance Directives, visit the Indiana State Department of Health Advance Directives Resource Center located at <https://www.in.gov/health/cshcr/indiana-health-care-quality-resource-center/advance-directives-resource-center/> The site includes links to state forms, links to Indiana statutes, and links to other web sites.

**Questions?** Contact Memorial Hospital’s Health Ministry Office at 812-996-8422.



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