

Table of Contents

Introduction to Advance Directive	3
What is an Advance Directive?	3
Why is it Important?	3
Designation of Healthcare Agent	3
Appointing Your Healthcare Agent	3
Powers and Responsibilities	3
How to Change or Revoke Your Agent Designation	4
Medical Treatment Preferences	4
Life-Sustaining Treatments	4
Do Not Resuscitate (DNR) Order	5
Other Care Preferences	5
Instructions for End-of-Life Care	6
Preferences for Treatment	6
Pain Management and Comfort	6
Guidance on Expressing Instructions for Terminal Illness Care, Palliative Treatment, and Hospice Services	6
Documentation	7
Legal Requirements and Compliance	7
Key Legal Considerations	7
Jurisdictional Requirements	7
Witness and Notarization	8
Document Validity	8
Revocation and Amendment Procedures	8
Amendment Process	8
Frequently Asked Questions	9
What is an Advance Directive?	9
Why is an Advance Directive Important?	9
Who Can I Appoint as My Healthcare Agent?	9
What Powers Does My Healthcare Agent Have?	9
Can I Have More Than One Advance Directive?	10
How Often Should I Review My Advance Directive?	10
How Can I Change or Revoke My Advance Directive?	10
Resources and References	10
Organizations	10



Legal Forms

AI Tools

Further Assistance

10

11

11



Introduction to Advance Directive

What is an Advance Directive?

An advance directive is a crucial legal document. It lets you express your healthcare wishes. This becomes important if you can't communicate those wishes yourself in the future.

Why is it Important?

This directive ensures you maintain control over your medical care. It safeguards your autonomy in healthcare decisions. By creating an advance directive, you decide what treatments you want or don't want. This relieves your family of the burden of making difficult choices during a stressful time. It provides them with clear guidance based on your values and preferences.

Designation of Healthcare Agent

This section explains how to designate a healthcare agent who will make medical decisions for you if you cannot.

Appointing Your Healthcare Agent

You have the right to appoint a healthcare agent. This person will make healthcare decisions for you if you are unable to make them yourself. Any competent adult can serve as your healthcare agent.

Powers and Responsibilities

Your healthcare agent has the power to make healthcare decisions on your behalf. This includes the power to consent to, refuse, or withdraw medical treatment. Your agent must act in your best interest. They should make decisions based on your known wishes and values. It is important to discuss your healthcare preferences with your agent. This will help them make informed decisions that align with your values.



How to Change or Revoke Your Agent Designation

You can change or revoke your agent designation at any time. To do so, provide written or verbal notice to your healthcare provider. You should also notify your current agent. The revocation is effective when your healthcare provider receives the notification.

Medical Treatment Preferences

This section outlines your preferences regarding various medical treatments. It is important to be as clear and specific as possible to ensure your wishes are understood and followed.

Life-Sustaining Treatments

Life-sustaining treatments are medical interventions that keep you alive. These may include:

- **Mechanical Ventilation:** Using a machine to help you breathe.
- **Artificial Nutrition and Hydration:** Receiving food and water through a tube.
- **Cardiopulmonary Resuscitation (CPR):** Attempts to restart your heart and breathing if they stop.
- **Kidney Dialysis:** Filtering your blood if your kidneys are not working.
- **Medications:** Administering drugs to treat specific conditions or maintain vital functions.

Please indicate your preferences for each of these treatments. You may choose to accept, refuse, or accept with limitations any of these options. Consider the circumstances under which you would want these treatments provided or withheld.

Do Not Resuscitate (DNR) Order

A DNR order instructs medical professionals not to perform CPR if your heart stops or you stop breathing. You can choose to have a DNR order as part of this advance directive. If you have a DNR, it will be honored in most healthcare settings.

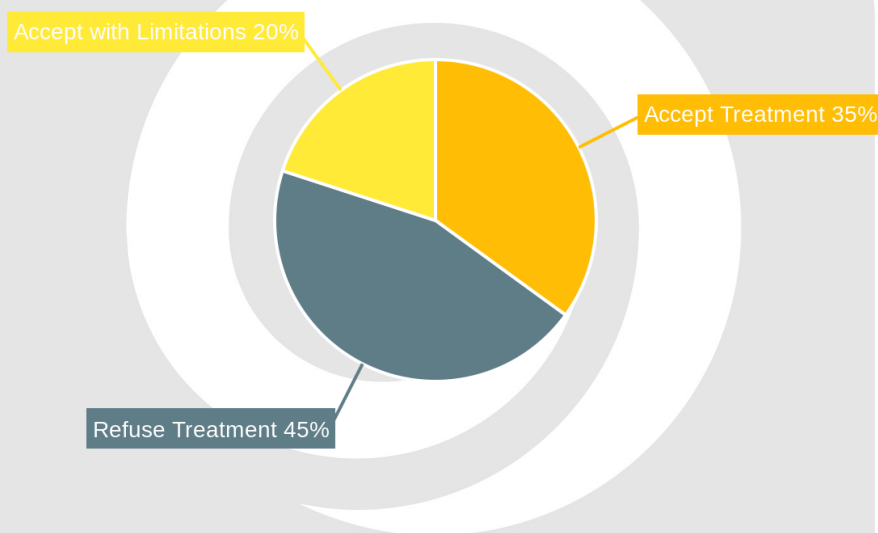
Other Care Preferences

In addition to life-sustaining treatments, consider other aspects of your care:



- **Pain Management:** Indicate your preferences for pain relief, including the types of medications you are willing to receive.
- **Comfort Care:** Specify any measures that can be taken to ensure your comfort and dignity.
- **Hospice Care:** Express your interest in receiving hospice care if you are terminally ill.
- **Mental Health Treatment:** Indicate your preferences for mental health interventions, including medication and therapy.

Clearly communicate your preferences using specific language and detailed descriptions. For example, describe the circumstances under which you would want certain treatments withheld or provided. This will ensure your healthcare agent and medical providers understand your wishes.



Instructions for End-of-Life Care

This section allows you to document your specific wishes regarding medical treatment at the end of your life. These instructions will guide your healthcare agent and medical professionals in making decisions that align with your values and preferences.

Preferences for Treatment

It's important to consider the types of interventions you would or would not want to receive. Common end-of-life care preferences include:

- **Resuscitation:** Do you want to be revived if your heart stops or you stop breathing?
- **Mechanical Ventilation:** Do you want to be placed on a machine to help you breathe?
- **Artificial Nutrition and Hydration:** Do you want to receive food and water through tubes if you are unable to eat or drink on your own?
- **Palliative Care:** Are you interested in care focused on relieving pain and suffering?

Pain Management and Comfort

Express your desires for pain relief and comfort. Indicate what medications, therapies, or alternative treatments you find acceptable to manage pain and ensure your comfort. Non-medical interventions, such as massage or music therapy, can also be specified.

Guidance on Expressing Instructions for Terminal Illness Care, Palliative Treatment, and Hospice Services

When facing a terminal illness, it's crucial to define your preferences regarding care. Palliative treatment focuses on alleviating symptoms and improving quality of life, while hospice services offer comprehensive comfort care during the final stages of life.

Clearly state whether you prioritize aggressive medical interventions to prolong life or prefer comfort-focused care. Specify your desired level of pain management, considering both medication and alternative therapies. Outline your preferences for receiving care at home, in a hospice facility, or in a hospital setting. Communicate your wishes regarding spiritual and emotional support, ensuring your holistic needs are met during this challenging time. Discussing these preferences with your physician and healthcare agent will help ensure your wishes are honored.



Documentation

To ensure your end-of-life care instructions are followed, complete the following steps:

1. Sign and date this Advance Directive.
2. Provide copies to your healthcare providers.
3. Give a copy to your healthcare agent.
4. Keep related medical records or physician statements with this document.

Legal Requirements and Compliance

Creating a legally sound Advance Directive involves meeting specific criteria. The person making the directive must be of sound mind and do so willingly. State laws dictate precise requirements, so it's crucial to understand the rules where you reside.

Key Legal Considerations

- **Sound Mind:** You must be mentally competent when creating your Advance Directive.
- **Voluntary Action:** The document must reflect your own free will, without coercion.
- **Witnessing or Notarization:** Most states require either witnesses to your signature or notarization of the document.

Jurisdictional Requirements

Advance Directive laws vary by state. ACME-1 and Docupal Demo, LLC, both located in the United States, must ensure compliance with the specific state laws governing the individual creating the Advance Directive. These laws dictate the required forms, language, and execution procedures.

Witness and Notarization

Many states require that you sign your Advance Directive in the presence of one or two adult witnesses who also sign the document, attesting that they saw you sign and that you appeared to be of sound mind and free from duress. Some states allow or require notarization instead of or in addition to witnesses. Notarization involves



signing the document before a licensed notary public, who verifies your identity and witnesses your signature. Notarization typically adds an extra layer of legal validity to the document.

Document Validity

An Advance Directive remains valid until it is revoked or amended. It's good practice to review your Advance Directive periodically, especially after significant life events such as marriage, divorce, or a serious illness. Confirming that your wishes are accurately reflected ensures that the document remains enforceable and aligned with your current preferences. You should also inform your healthcare agent, family members, and physician that you have an Advance Directive and where it can be found.

Revocation and Amendment Procedures

An individual may revoke or amend their advance directive at any time. This can be done by destroying the existing document, creating a new advance directive, or providing verbal or written notice of revocation or amendment to their healthcare provider and healthcare agent.

Amendment Process

To formally amend an advance directive, the following steps are recommended:

1. **Create a New Document:** Draft a new advance directive document. This new document should explicitly state that it revokes any and all prior advance directives.
2. **Clearly State Changes:** The new document must clearly outline all the changes being made to the original advance directive.
3. **Sign and Date:** The new advance directive must be signed and dated with the same formalities as the original document. This typically includes proper witnessing or notarization, as required by applicable state law.
4. **Communicate Changes:** Provide copies of the updated advance directive to all relevant parties, including the healthcare agent, alternate agents, primary care physician, and any other healthcare providers. Discuss the changes directly with these individuals to ensure they understand the updated preferences and instructions.



Frequently Asked Questions

What is an Advance Directive?

An advance directive is a legal document that allows you to express your wishes regarding future healthcare decisions if you become unable to do so yourself.

Why is an Advance Directive Important?

It ensures your healthcare preferences are respected, relieves your loved ones of the burden of making difficult decisions, and provides legal protection for your choices.

Who Can I Appoint as My Healthcare Agent?

You can appoint any competent adult you trust to make healthcare decisions on your behalf.

What Powers Does My Healthcare Agent Have?

Your agent has the authority to make medical decisions according to your wishes, as outlined in your directive, and can access your medical information.

Can I Have More Than One Advance Directive?

No, you should only have one active advance directive at any given time.

How Often Should I Review My Advance Directive?

It is recommended to review your advance directive every five years, or whenever there is a significant change in your health, values, or relationships, to ensure it still reflects your wishes.

How Can I Change or Revoke My Advance Directive?

You can change or revoke your advance directive at any time, as long as you are competent. Follow the specific procedures outlined in your state's laws.



Resources and References

For additional guidance and support in creating and understanding your Advance Directive, consider the following resources:

Organizations

- **Governmental Organizations:** State health departments and aging services agencies can provide information on state-specific regulations and resources.
- **Nonprofit Organizations:**
 - National Hospice and Palliative Care Organization: Offers resources on hospice and palliative care.
 - American Bar Association: Provides legal information and resources related to advance care planning.

Legal Forms

Legal forms for Advance Directives can be obtained from various sources:

- Attorneys specializing in estate planning.
- Hospitals and healthcare providers.
- Online legal form providers.

AI Tools

AI-powered tools are available to assist in the creation and review of Advance Directive documents. These tools can help ensure completeness and accuracy.

Further Assistance

Consult with legal and healthcare professionals to ensure your Advance Directive meets your specific needs and complies with all applicable laws.