



## UNDERSTANDING ADVANCE DIRECTIVES

When the journey gets tough, your family and friends should have your road map.  
The end of life is never certain. Your wishes should be.

Advance Directive is a general term that refers to the various documents that could include a living will, instruction directive, health care proxy or power of attorney. These documents need updating as medical status changes and decisions are made.

### WHAT IS A LIVING WILL OR INSTRUCTION DIRECTIVE?

A legal document that alerts medical professionals and family members to the treatments the patient wants to receive or refuse. This document only goes into effect if specific medical criteria is met and the patient is unable to make decisions.

### WHAT IS A HEALTH CARE POWER OF ATTORNEY OR PROXY?

A trusted family member or friend is selected to act as a spokesperson in health care decisions for the patient. A legal document is created that should contain directions about the full range of care the patients wants.



TALK ABOUT IT



WRITE IT DOWN



SHARE IT WITH FAMILY

The included information is not intended to be used as legal advice. Please consult a legal professional before undertaking any form of advanced directive, living will, health care proxy or power of attorney.

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