

ADVANCE DIRECTIVES



Telling others your health care choices



Advanced Directives are:

- + Legal and written forms about the health care you want if you cannot make choices for yourself. They give you a way to tell your wishes to your family, friends and doctors.
- + North Carolina has 3 types of advance directives:
 1. Living Will
 2. Health Care Power of Attorney
 3. Advance Instruction for Mental Health Treatment

What is a Living Will?

- + It is a form that tells your family, friends and health care workers the kind of care you want at the end of your life.

What is a Health Care Power of Attorney?

- + It is a form for naming the person that will make health care choices for you if you cannot make them for yourself.
- + The person you choose is called your health care agent or health care proxy.
- + It is important to talk with the person you choose (Health Care Power of Attorney or agent) to let them know what care you want at the end of your life.

What is an Advance Instruction for Mental Health Treatment?

- + It is a form that tells doctors what mental health care you want if you cannot choose for yourself.

Why is it important for you to have an Advanced Directive?

- + If you don't have these forms a doctor or a judge might make your health care choices for you.



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Do you need all 3 forms?

- + Each form is important and has its own purpose. Think about what is right for you. Talking with your family, friends or health care worker can be helpful.
- + When you have an Advanced Directive your doctor and loved ones won't have to guess what kind of care you want.

What else do I need to know about Advance Directives?

- + Your Advance Directive will only be used if you cannot make **your own health care choices**.
- + You are never too young to have an Advance Directive. Accidents happen to people of all ages.
- + You can change your forms at any time.

How do you get your Advance Directive Forms?

- + Your care manager or other health care workers can send you the forms. They are also online at the NC Partnership for Compassionate Care website.
www.compassionatecarenc.org/community-patients
- + Keep in mind the forms must be:
 - signed while you are still able to make care choices
 - witnessed by 2 adults allowed by North Carolina law
 - notarized (all signatures)
- + It's important to talk about the information in your advance directive with your:
 - family
 - health care agents
 - mental health providers
 - doctor
 - local hospital
- + Copies should be given to your health care agents and doctor.
- + Always take a copy with you when you go to the hospital.
- + Keep a copy in a safe place that is easy to find.

For more information: