

## Script for Advance Health Care Directives:

### Have you heard of an Advance Health Care Directive?

- We are encouraging everyone 18 years and older to have one.
- It's a way for you to give instructions about your own health care if you became very sick.
- It also lets you appoint a person to make medical decisions for you if you could not speak for yourself.
- This can be difficult to talk about, but everyone has different things that are important to them in life, and no one is a mind-reader. If something were to happen to you and you couldn't speak for yourself, having a written plan makes it a lot easier on family/friends and your health care team, because they won't have to guess what you would have wanted.

### We have a very simple form that can be completed. Can we get started on that for you today?

- 1) **Part 1: Choose a Medical Decision Maker** to make decisions for you if you could not speak for yourself. This should be someone who knows you well and would be able to make decisions for you as you would want.

#### **Do you know who you would choose?**

- **If yes** → Great, when you are done with your Advance Directive, it's important to talk to your Medical Decision Maker about your wishes.
- **If no** → here is some information on how to choose a Medical Decision Maker
- **No one appropriate** → That's ok, you can still complete Part 2

- 2) **Part 2: Instructions for Healthcare**

- Your provider will talk to you about different choices you have for life-sustaining treatment, like CPR, breathing machines, and feeding tubes.
- This section helps guide your Medical Decision Maker and healthcare team in following your wishes.
- Here are some things to think about that might help in filling out this section

**HANDOUTS → Prepare Sheet / Reflecting on Values**

- ❖ I'm going to play a video for you that explains a little more about Advance Care Planning

**If you are not sure today about your wishes or you are not ready to fill out the form, it's ok. Please review the handouts/videos and we can talk about it more at your next visit.**

**The form needs to be signed by two witnesses. You can take the form home to have it signed, and return it to the health center.**