

## 事前指示書の作成を始める Getting Started with Advance Directives (Japanese)

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なぜ医療について計画することが大切なのか？

Why is planning for health care important?

あなたは常にあなたが受ける医療に関するすべての決定に含まれる権利があります。しかし、だれも将来がどうなるかわかりません。あなたが自分で決定することができない時があるかもしれません。ミシガン・メディスンでは、あなたの希望を書面にし、あなたの身近な人やあなたの医療に関わる人たちが、あなたがどんな意思決定をするかを知るために、**事前指示書のツールキット**を作りました。

You always have the right to be included in any decisions related to the health care you receive. However, no one knows what the future holds, and there may be a time when you are unable to make your own decisions. Michigan Medicine created an **Advanced Directives Toolkit** to help you write down your wishes and make sure that people close to you and people who provide health care for you know what types of decisions you would make for yourself.

ミシガン州では**医療判断代理委任状 (DPOA HC)** の用紙が最も広く使用されている事前指示です。DPOA HC であなたの患者擁護者を指名することができます、また DPOA HC はミシガン州の法的文書です。

In the State of Michigan, the **Durable Power of Attorney for Health Care (DPOA-HC)** form is the most widely used Advance Directive. **The DPOA-HC allows you to name your Patient Advocate and is a legal document in Michigan.**

あなたが自分自身で決定を下すことができない時にのみ DPOA HC が有効になります。The DPOA-HC will only go into effect when you are not able to make decisions for yourself

蘇生しない (DNR) 宣言はもし、あなたの呼吸が停止し、心臓が止まった時に、あなた又は患者擁護者が CPR (心肺蘇生法) を受けることに同意しないと言う法的文書です。

A **Do-Not-Resuscitate (DNR) Declaration** is a legal document that allows you or your patient advocate to say that you do not agree to receive CPR (cardiopulmonary resuscitation) if you stop breathing and your heart stops beating.

事前指示書は必須ではありませんが、あなたが自分で意思決定ができない場合、あなたのためにあなたが信頼している人が決定を下すのに役に立ちます。どのような治療を受けるか、又は受けたくないかをあなたのご家族や友人に伝えてください。そうすることで彼らにあなたの医師に何と伝えるかがわかります。

Advanced directives are not required but if you are no longer able to make decisions yourself it helps to have someone you trust to make decisions for you. Talk with your family and friends about what medical treatment you want to receive or would not want to receive so they know what to tell your doctors.

どのように事前指示書を書き始めればよいのか？

**How can I get started with writing my Advance Directives?**

あなたの次回再診時にミシガン・メディシンの医療提供者に小冊子のコピーを受け取れるように依頼することができます。

You can ask your Michigan Medicine health care provider to give you a printed copy of the booklet in your next visit.

小冊子をオンラインで入手することもできます。

You can also access the booklet online.

次のホームページを参照してください: <http://careguides.med.umich.edu> Visit:

<http://careguides.med.umich.edu>

1. 検索枠に次の言葉を入力します。 **Advance Directives booklet Japanese**

In the search box type: **Advance Directives booklet Japanese**

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2. サーチ (Search) をクリックします。

Hit Search

3. 次のファイル **Start the Conversation: Making your health care wishes known** を開いて、小冊子と用紙を印刷します。

Click on: **Start the Conversation: Making your health care wishes known** to open and print the booklet and forms

The screenshot shows the Michigan Medicine website interface. At the top, there is a dark blue header with the Michigan Medicine logo and the text "CARE GUIDES FROM YOUR CLINICIAN". Below the header are navigation tabs: "About Michigan Medicine Care Guides", "Search by Keyword", "Advanced Search", "Browse by Topic", and "Browse by Medical Service".

On the left side, there are two vertical menus. The first is "Care Guides by Topic" with a sub-section "Diseases and Conditions" listing: Asthma, Children's Health, Diabetes, Foot and Toe Problems, Kidney Disease, Pain, Stroke, Women's Health, Pregnancy and Childbirth, and More Topics. The second menu is "Medical Services" listing: Acute Care Surgery and Cancer Center.

The main content area features a search bar with the text "advance directives booklet japanese" and a "Search" button. Below the search bar, the results are displayed as "Page 1 (of 1): Showing records 1 - 1 (of 1)". A single result is shown with a PDF icon and the text: "Start the Conversation: Making your health care wishes known: Advance Directives and Durable Power of Attorney for Health Care BOOKLET and FORMS (Japanese)". A red arrow points from the search results to a larger image of the booklet cover on the right side of the page.

On the right side, there is a "News" section with two items: "Updated translations for 'How to Quit Smoking'" and "Interpreter Services recently updated the translations for the 'How to Quit Smoking' handout." Below the news is a "Read more" link.

小冊子の直接 URL は次のとおりです。

<http://www.med.umich.edu/1libr/AdvanceDirectives/ADBookletJPN.pdf>

Direct URL for the booklet:

<http://www.med.umich.edu/1libr/AdvanceDirectives/ADbooklet.pdf>

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翻訳 Translation: ミシガン・メディスン通訳サービス Michigan Medicine Interpreter Services  
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