# Getting Started with Advance Directives

## Why is planning for health care important?

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.

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.**

The DPOA-HC will only go into effect when you are not able to make decisions for yourself

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.

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.

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

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

You can also access the booklet online.

Visit: http://careguides.med.umich.edu

1. In the search box type: **Advance Directives booklet**

2. Hit **Search**

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



Direct URL for the booklet:

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