

## Getting Started with Advance Directives

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### **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

The screenshot shows the Michigan Medicine Care Guides website. The header includes 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". The main content area is divided into three columns. The left column, "Care Guides by Topic", lists "Diseases and Conditions" (Asthma, Children's Health, Diabetes, Foot and Toe Problems, Kidney Disease, Pain, Stroke, Women's Health, Pregnancy and Childbirth, More Topics) and "Medical Services" (Acute Care Surgery, Cancer Center). The middle column features a search bar with the text "advance directives booklet" and a "Search" button. Below the search bar, the results show "Page 1 (of 1): Showing records 1 - 1 (of 1)" and a single result: "Start the Conversation: Making your health care wishes known: Advance Directives and Durable Power of Attorney for Health Care BOOKLET and FORMS". A red arrow points from the search bar to the result. The right column, "News", contains two news 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 items is a "Read more" link. At the bottom of the right column, there is a thumbnail for the "Start the Conversation: Making your health care wishes known" booklet, with a red arrow pointing to it.

Direct URL for the booklet:

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

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