

## 开始事前指示书 Getting Started with Advance Directives (Chinese)

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### 为什么医疗保健规划重要呢？

#### Why is planning for health care important?

您始终有权利被纳入与您的医疗保健有关的任何决定。然而，没有人知道未来会如何，也许你有无法自己做决定的时候。密西根医学部设计了**事前指示书手册**，以帮助您写下您的愿望，并确保接近您的人和提供您医疗保健的人知道你会为自己做什么样的决定。

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.

在密西根州，**医疗保健授权书**（简称 DPOA-HC）是最广泛使用的事前指示书。**医疗保健授权书**让您指定您的患者权益维护；在密西根州它属法律文件。

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.**

**医疗保健授权书**只在你不能为自己做决定时才开始生效。

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

**拒绝心肺复苏**（简称 DNR）声明是一项法律文件，让您或您的患者权益维护人在您若呼吸停止和心脏停止跳动时，可以表达您不同意接受 CPR（心肺复苏）。

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.

事前指示书不是必需的，但是若您不再能够自己做决定时，它让您所信任的人为您做决定。与您的家人和朋友谈谈您想接受或不愿接受的治疗，这样他们就知道该怎么告诉您的医生了。

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.

## 如何开始填写我的事前指示书？

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

在下次就诊时，您可以询问密西根医学部保健医疗提供人员，索取一份印刷小册子。

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

您也可以在网上获取该小册子。

You can also access the booklet online.

浏览: <http://careguides.med.umich.edu>

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

#### 1. 在搜索栏中打字: **Advance Directives booklet Chinese**

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

#### 2. 输入 **Search**

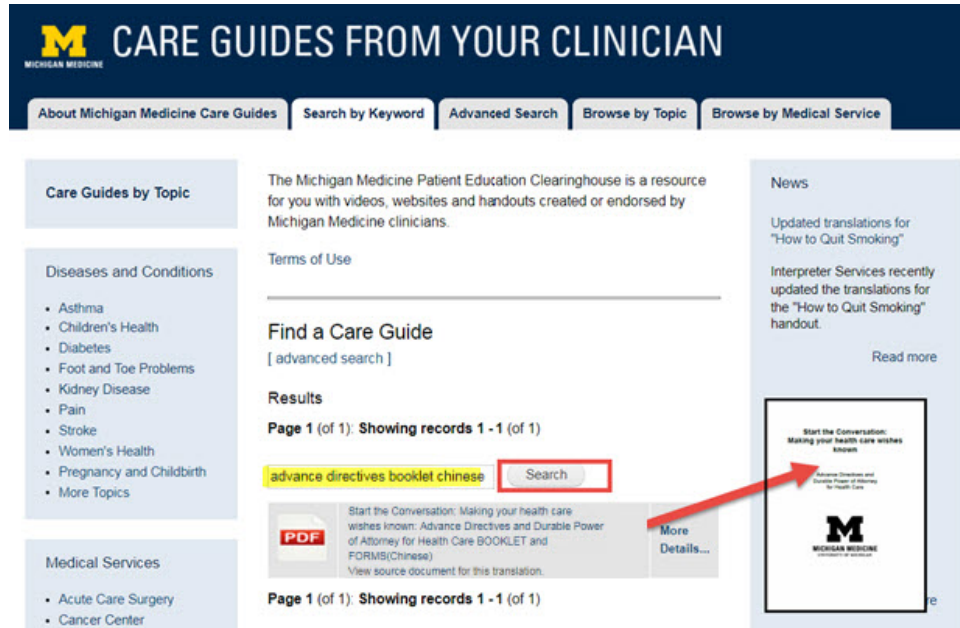
Hit **Search**

#### 3. 点击: **Start the Conversation: Making your health care wishes known**

Click on: **Start the Conversation: Making your health care wishes known**

打开和打印小册子和表格

to open and print the booklet and forms



小册子的直接网址:

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

Direct URL for the booklet:

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

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