

Introducción a las Voluntades Anticipadas **Getting Started with Advance Directives** (Spanish)

¿Por qué es importante planificar la atención médica? Why is planning for health care important?

Usted siempre tiene derecho a ser incluido en todas las decisiones relacionadas con la atención médica que recibe. Sin embargo, nadie sabe lo que depara el futuro y puede llegar un momento en que usted sea incapaz de tomar sus propias decisiones. Michigan Medicine ha creado un **Manual de Voluntades Anticipadas** para ayudarle a anotar sus deseos y asegurar de que sus allegados y las personas que le proveen atención médica sepan qué tipo de decisiones usted tomaría por sí mismo.

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.

En el estado de Michigan el formulario del **Poder Notarial para Decisiones Médicas (DPOA-HC, *por sus siglas en inglés*)** es la Voluntad Anticipada más utilizada. El DPOA-HC le **permite a usted nombrar a su defensor de los derechos del paciente, siendo un documento legal en Michigan.**

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.**

El DPOA-HC sólo entrará en vigor cuando usted no sea capaz de tomar decisiones por sí mismo.

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

Una **Orden de No Reanimar (DNR, *por sus siglas en inglés*)** es un documento legal que le permite a usted o a su defensor de los derechos del paciente decir que usted no acepta recibir reanimación cardiopulmonar (CPR, *por sus siglas en inglés*) si deja de respirar y su corazón deja de latir.

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.

Las voluntades anticipadas no son obligatorias, pero si usted no fuera capaz de tomar decisiones es de ayuda tener a alguien de confianza que pueda tomarlas por usted. Hable con sus familiares y amigos sobre qué tratamientos médicos usted desea recibir o no recibir para que ellos sepan qué decirles a sus médicos (los de usted).

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.

¿Cómo puedo empezar a escribir mis Voluntades Anticipadas?

How can I get started with writing my Advance Directives?

En su próxima visita puede usted pedir una copia impresa del folleto a su médico de Michigan Medicine.

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

También puede acceder al folleto en línea.

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

You can also access the booklet online.

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

1. En la casilla de búsqueda escriba: **Advance Directives booklet Spanish**

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

2. Presione **Search**

Hit **Search**

3. Haga clic en: **Start the Conversation: Making your health care wishes Known** para abrir e imprimir el folleto y los formularios.

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's search interface. At the top, there's a navigation bar with the Michigan Medicine logo and the text "CARE GUIDES FROM YOUR CLINICIAN". Below this are several 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 Spanish" and a "Search" button. Below the search bar, it says "Results" and "Page 1 (of 1): Showing records 1 - 1 (of 1)". A search result is displayed 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(Spanish)". A red arrow points from the "More Details..." link to a larger image of the booklet cover, which has the Michigan Medicine logo and the title "Start the Conversation: Making your health care wishes known".

On the right side, there's 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." A "Read more" link is present below the second news item.

Enlace directo al folleto:

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

Direct URL for the booklet:

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

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Traducción Translation: Medical Translations, Michigan Medicine Interpreter Services

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