

Advance Directives

Volunteer Training: Compliance 2023



Advance Directive Is A Record.

- Advance care planning is a process, not an event, and is planning for future care,
- It is based on a person's values, beliefs, preferences, and specific medical issues.



What Is An Advance Directive And How Does It Protect You?

- Advance directive tells how you want to live and identifies who will speak for you when you are unable to.
 - Lets people know what is important to you
 - Legally valid when signed in front of a witness(es).
- Also known as:
 - living will
 - healthcare proxy,
 - healthcare agent,
 - DNR (Do Not Resuscitate),
 - POLST (Portable Medical Orders).

Difference Between POLST and POA

- A POLST is a part of the advance care planning process and communicates your wishes as medical orders.
- A POLST has the option of (DNR) but also makes provision for other types of treatment such as feeding tubes POLST's are specifically for the seriously ill or frail.
- POLST forms are signed by health care provider.
- POLSTs do not appoint someone to speak on your behalf (surrogate or health care agent) which Advance Directives generally do.
- They have the force of medical orders and must be honored by emergency medical technicians (EMT's).

POA

A person (usually called the Principal) appoints and authorizes someone to act on their behalf (usually called an Agent).

Must be a minimum of 18 years old and of sound mind.

POA may cover health and financial decisions

Healthcare POA are separate documents from Financial Powers of Attorney.

Appointed long before incapacitated.

Choosing A Health Care Agent

Your healthcare agent should be someone who:

- Knows you well
- Is calm in a crisis
- Understands how you would make the decision if you were able
- Is not afraid to ask questions and advocate to doctors
- Can reassure and communicate with your family



An Advance Directive Does Not Expire!



- An advance directive remains in effect until you change it.
- If you complete a new advance directive, it invalidates the previous one.
- You should review your advance directive periodically to ensure that it still reflect your wishes.
- If you want to change anything in an advance directive once you have completed it, you should complete a whole new document.

Creating Your Advance Directive

- Legal Documents Needed
- Know what kind of treatment you want- Talk with your dr.
- Talk with your family
- Pick a trusted POA

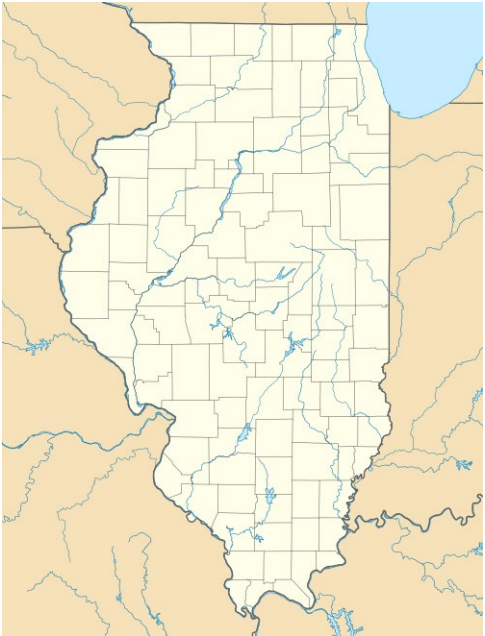
Several websites that offer guided decision making around advance directives.

- *ADVault* offers MyDirectives.com, a site that will guide you through completing your advance directive and appointing a healthcare agent. They offer a facilitated process, online signatures and notarization (If necessary), cloud storage, and availability around the globe.
- AllayCare.org offers a free online tool that walks you through 14 essential topics for end of life and the details that begin with death. Your responses are then emailed to you in a document that is easy to share with those who need to know.
- *Cake* offers advance directives and information on other issues such as funeral arrangements and wills
- *Five Wishes* is a program of Aging with Dignity and offers advance care planning resources to individuals and families at a nominal fee. They collaborate with ADVault for storage of your documents.
- *Planning My Way* is a project of the Cuniff-Dixon Foundation. The website offers free guidance in advance care planning and documentation in both English and Spanish.
- *PREPARE for your Care* offers help in creating your documents as well as advance directives in English, Spanish and other languages. They can be completed online and downloaded for signature.

Illinois Advance Directive Planning for Important Health Care Decisions

- Please See Handout
- **What happens if you do not have an Advance Directive in Illinois and are unable to speak for yourself**

The decision maker is decided by order of priority:



A spouse,
An adult son or daughter of the patient,
A parent,
An adult brother or sister,
An adult grandchild of the patient,
A close friend of the patient,
The patient's guardian of the estate

Storing and Retrieving Your Advance Directive

An Advance Directive is only good when it is available!



There are many places you can keep copies (or originals) of the documents, but there are a few important factors to consider when deciding where to store:

- They must be portable; they can be available wherever you are in the world.
- They must be available in a timely manner.
- They must be in a safe place, protected from theft, fire, flood, or other natural disasters.
- Be sure your doctors have copies of your advance directives
- Give copies to everyone who might be involved with your healthcare, such as your family, clergy, or friends.
- Your local hospital might also be willing to file your advance directives in case you are admitted in the future.
- Online

Thank you!

Please completed your evaluation.

If you have any questions please email or call your Volunteer Coordinator.

Additional Information can be found on Advance Directives at <https://www.caringinfo.org/planning/advance-directives/>