

Advanced Health Care Directive Checklist

Talk with family members, friends, spiritual advisors, physicians, other health-care providers and other trusted persons about what would be important to you if you become terminally or irreversibly ill or injured and you can no longer communicate your health-care decisions or other wishes.

Ask someone you trust and whom you can count on to be your health-care agent and discuss your wishes with this person. Select an alternate health-care agent in case your agent is unable to serve.

Complete either one of the enclosed simplified forms, change or cross out provisions or make an entirely different document. Add pages if you like.

Have two qualified witnesses or a notary witness your signature.

Inform family members, spouse, parents, children, siblings, friends, physicians and other health-care providers that you have executed an advance health-care directive and that you expect them to honor your instructions. Keep them informed about your current wishes.

Give copies of the document to your health-care agent, health-care providers, family, close friends, clergy or any other individuals who might be involved in caring for you.

Place the executed document in your medical files.

When you renew your driver's license or state I.D, you may designate that you have an advance directive by putting (AHCD) on it.

Make plans to review the document on a regular basis—make a new document, if necessary, and keep people informed of any changes.

Do it today!