

Differences between a living will and durable power of attorney for health care

- A durable power of attorney for health care focuses on who will make health care decisions for you, while the focus of a living will is on what the decisions should be.
- A durable power of attorney for health care is more flexible than a living will as a patient advocate can respond to unexpected circumstances.
- With a living will, providers may not interpret instructions as the individual intended.
- A living will may only take effect after you have been diagnosed as terminally ill or permanently unconscious. A durable power of attorney for health care applies at all times you can not make your own health care decisions, including times of temporary limited capacity.

The **advance directive** is a durable power of attorney for health care that allows individuals to name their patient advocate(s). It also provides individuals the opportunity to write out their wishes for future medical treatment as a guideline for their patient advocate(s).

The powers of a patient advocate

Your patient advocate can make decisions for you only when you become unable to participate in medical treatment decisions yourself. Until that time, you make your own decision. If you do not provide your patient advocate written guidelines, he or she may make decisions about your medical care in what they see as your best interest.

Making your durable power of attorney for health care legal

Once you have identified your patient advocate you will need to:

- Sign and date the document;
- Have your signature witnessed by two adults who are not family members, your patient advocate, your doctor, or an employee of a health facility or program where you are a patient/client or have it notarized; and
- Have your patient advocate complete a patient advocate acceptance form.
- Provide a copy to your health care provider(s).

I already have an advance directive. Do I need advance care planning (ACP)?

Yes, It is recommended that all advance directives be reviewed from time to time as things change - life situations, personal views and beliefs, and one's health. It is a good idea to review your advance directive with a certified advance care planning facilitator or your doctor to be certain your document is legal and clearly states your current wishes.

It is recommended to review your advance directive document every decade, when you experience the death of a loved one, after divorce, after a serious health diagnosis, or when your health declines.

To schedule your free ACP appointment call:

Amy LaVallie, Social Services
(701) 748-7244 or

Marcie Schulz, Director of Patient Care
(701) 748-7287

Advance Care Planning



Who will make
medical decisions
for you if you no
longer can?



SAKAKAWEA
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Make Your Healthcare Wishes Known

In life, we plan for many things. We prepare for our retirement, plan trips, and save money for our children's education. Yet, we often forget to plan for our future healthcare treatment. No one can predict when a sudden illness or accident may occur, leaving a person unable to make personal healthcare decisions. Advance care planning is about ensuring that the healthcare treatment you receive is consistent with your wishes and preferences. It's a gift to you and your family that promotes peace of mind.

Call (701) 748-7244 or
(701) 748-7287 to schedule
an appointment!

WHAT IS ADVANCE CARE PLANNING?

Advance care planning (ACP) is the process of coming to understand, reflect on, discuss, and plan for a time when you cannot make your own medical decisions. Effective planning is the best way to make sure your views are respected by your loved ones and health providers. This process provides great comfort to those who may make end-of-life decisions for you.

YOUR HEALTH YOUR CHOICE

Your Health Your Choice is provided as a free service to patients. First Steps® certified advance care planning facilitators are available at no cost to meet with individuals and guide them through the ACP process. ACP facilitators help you to reflect on and document your end-of-life healthcare wishes and preferences. They help make sure that those wishes are shared with your family, loved ones, and healthcare professionals to ensure that they are honored when you can no longer speak for yourself.



Think about it. Talk about it. Share it.

DURABLE POWER OF ATTORNEY FOR HEALTH CARE VS. LIVING WILL

Advance directives are documents that describe what type of medical care you want in the future, or who you want to make decisions for you should you become unable to speak for yourself. There are three types of advance directives:

A **Living Will** is a written document in which you inform doctors, family members, and others what type of medical care you wish to receive should you become terminally ill or permanently unconscious.

A **Durable Power of Attorney for Health Care** is a written document in which you appoint another individual to make medical treatment and related personal care decisions for you.

A **Do-Not-Resuscitate (DNR) Declaration** is a written document in which you state your wish that if your breathing and heartbeat stop, you do not want anyone to provide you cardiopulmonary resuscitation (CPR) and you wish for natural death to occur.

Why should you have an advance directive?

Individuals have their own values, wishes, and goals. Completing an advance directive helps to make sure your personal wishes concerning medical treatment will be followed when you are not able to express them.