

# **Quick Tips for Filling Out Your Advance Directive**

## **Whom should you pick?**

1. Pick someone who will understand what the doctor is saying.
2. Pick someone who knows you well and has listened to what you want.
3. Pick someone who won't fall apart in a crisis.
4. Pick someone who will do what you have asked, even if it is difficult to do.
5. Pick someone who is close by geographically.
6. Write down whom you don't want to be involved in the decision making.
7. You can pick two or three people to work together as your decision makers as long as they will work as a team to do right by you. Don't pick people who can't get along and won't work well with each other.
8. Your spouse, significant other or partner may not be your best choice, and you may want to choose someone else.
9. In the "Other" section of the form, state whom you do and don't want to be told your medical information.

## **What would you want?**

1. This form goes into effect when your brain isn't working anymore, not just when you are dying.
2. Don't be too specific about the particular treatments you want or don't want, because you don't know what the medical situation will be when you need this form.
3. Write out a "meaningful recovery" Quality-of-Life Statement describing what makes your life worth living and what would be a fate worse than death.

4. Tell the doctors what they should do if you were going to live in a condition that you would think is terrible, as well as what you would want if you were dying.
5. Write down anything else you want your doctors and loved ones to know about where or how you want to die, organ donation preferences or autopsy instructions.
6. Write down what you want people to know about your personal preferences regarding how you would like to be cared for, your religion and culture, and anything else you think they should know.
7. Make sure that your decision makers, your doctors and the hospital get copies of your form and that you talk about it with those who will be involved in your care.