

Advance directives and living wills do not have to be complicated legal documents. They can be short, simple statements about what you want done or not done if you can't speak for yourself.



Regional Primary Care Network

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Advance Directives

Your Questions Answered



Regional Primary Care Network



What is an Advance Directive?

An advance directive tells your doctor what kind of care you would like to have if you become unable to make medical decisions .

What does an Advance Directive Say?

- Describes the kind of treatment you would want depending on how sick you are
- Usually tells your doctor that you don't want certain kinds of treatment
- Can also say that you want a certain treatment no matter how ill you are

Why would I want an advance directive?

- Plan ahead before becoming sick or injured
- Spare loved ones stress of making decisions while you are sick

Who should have an advance directive?

- Anyone over 18 can have an advanced directive
- Often people who are seriously sick or injured
- Healthy people who want to plan for the future

How do I write an advance directive?

You can write an Advance Directive in several ways:

- Use a form provided by your doctor
- Write your wishes down by yourself
- Call your health department
- Call a lawyer
- Use a computer program for legal documents



You may want to have what you have written reviewed by your doctor or a lawyer to make sure your directives are understood exactly as you intended.

When you are satisfied with your directives, the orders should be notarized if possible, and copies should be given to your family and your doctor.

