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## **Advance Health Directive Checklist: Questions to Ask Yourself**

### **I. If You're Thinking about Your Health Care Wishes, consider these points:**

- A. Why am I writing an advance directive?
- B. What are my treatment wishes?
  - 1. in situations near the end of life?
  - 2. in situations of serious injury or illness?

### **II. Talking with Others**

- A. Physicians and other health care professionals
  - 1. do I understand the medical terminology?
  - 2. do they understand my wishes?
- B. My friends, family and others
  - 1. have I directly and thoroughly discussed my wishes with them?
  - 2. do they understand my wishes?

### **III. Selecting a Health Care Representative**

- A. Am I confident that my designated representative understands my personal values and health care wishes?
- B. Do I literally trust my designated representative with my life, health and safety?
- C. Does my health care representative understand his or her responsibilities?
- D. Has he or she clearly agreed to serve as my representative and to communicate my wishes to my doctor and others concerned with my care?
- E. Have I selected an alternative health care representative?

### **IV. My Instructions.** Have I clearly stated my instructions and included other relevant information about my treatment wishes regarding:

- A. the provision, withholding or withdrawal of specific treatments?
- B. artificially provided fluids and nutrition?
- C. the medical conditions in which I want my wishes implemented?

- D. special considerations I may have concerning my care and treatment?
- E. Do I wish to be an organ and tissue donor?

**V. Witnesses.** Have I had my directive properly witnessed?

**VI. Distribution of My Advance Directive.** Have I given a copy of my directive to those who should have one, such as:

- A. my health care representative(s)?
- B. my physician or other health care provider?
- C. if I'm a student, the college which I am about to enter?
- D. family members, friends, alternate representatives and my religious advisor?

**VII. Periodic Review.** Have I made a note to review my directive on a regular basis in the future?