

AFTER YOU HAVE COMPLETED YOUR ADVANCED DIRECTIVE

1. Give copies to your health care representative, primary care provider and any specialists that you see regularly.
2. Keep a copy for yourself where it can be easily found in the case you were to become unable to advise where it is kept.
3. Talk to your family and close friends. Tell them who your health care representative is and what your wishes are.
4. Take a copy with you if are admitted to the hospital or nursing home and ask for it to be entered into your medical record.
5. Periodically review your advance directive as your wishes may change.
6. Feel great about having completed a legal document displaying your wishes and giving the gift of your decision to your loved ones.

FREQUENTLY ASKED QUESTIONS

If I have a Will, do I need an Advanced Directive? What is the difference between a Will and an Advance Directive?

A: Yes!

A Will explains how you want to distribute your assets (possessions, money) after you die.

An Advance Directive or Living Will is a legal document that allows you to explain your decisions about end-of-life health care before something happens. This document focuses on your wishes about life support and extraordinary suffering. It also documents the person who will be your healthcare representative. It can be updated as often as you feel is necessary.

What happens if I don't have an advance directive?

A: If you do not have an advance directive, your healthcare provider is required to follow Oregon's law and ask one of the following persons to make decisions on your behalf, in the following order:

- Legal Guardian
- Living Spouse
- Adult Child or Majority of Your Adult Children (Voting Together)
- Close Friends

Should I have a POLST (Portable Orders for Life Sustaining Treatment) and an advance directive?

A: Everyone over the age of 18 should have an advanced directive, but do not necessarily need a POLST. A POLST summarizes a patient's wishes in the form of medical orders that must be followed by all healthcare personnel when caring for the patient. A POLST is suggested when someone has a serious illness, advanced chronic disease(s) or is elderly and frail. If you do not meet these criteria, you do not need to complete a POLST.

What if I change my mind?

A: As you go through life, your end of life care decisions may change. This is normal, so be sure to review your advance directive at least every 10 years.

If your wishes change:

- Fill out a new advance directive and make copies.
- Give your new advance directive to those involved in your care.
- Make sure to discard any old advance directives.