

Dardaaranka Hordhaca ah ee Daryeelka Caafimaadka ee California

California Advance Health Care Directive

Foomkaani wuxuu kuu ogolaanayaa inaad wax ka sheegto sida aad rabto in lagu xanaaneeyo haddii aadan u hadli karin naftaada.

This form lets you have a say about how you want to be cared for if you cannot speak for yourself.

Foomkan waxa uu ka kooban yahay 3 qaybood: This form has 3 parts:



Qaybta 1aad

Dooro qof kuu gaara go'aamada caafimaad, bogga 3

Part 1: Choose a medical decision maker, page 3

Go'aamiyaha arrimaha caafimaad waa qof kuu samayn kara go'aannada daryeelka caafimaadka haddii aadan awoodin inaad adigu gaarto go'aanadaas.

A medical decision maker is a person who can make health care decisions for you if you are not able to make them yourself.

Qofkani wuxuu noqon doonaa kuu doodahaaga. This person will be your advocate.

Waxaa sido kale loo yaqaanaa wakiilka daryeelka caafimaadka, wakiil, ama matale.

They are also called a health care agent, proxy, or surrogate.

Qaybta 2aad

Sameeyso xulashooyinkaaga daryeelka caafimaad rr adiga kuu gaarka ah, bogga 7

Part 2: Make your own health care choices, page 7

Foomkan ayaa kuu ogolaanaya inaad doorato nooca daryeelka caafimaadka aad rabto. Markaad sidaas samayso, dadka ku daryeela kuma qasbanaan doonaan inay ku labalabeeyaan waxaad rabto haddii aadan awoodin inaad adigu u sheegto.

This form lets you choose the kind of health care you want. This way, those who care for you will not have to guess what you want if you are not able to tell them yourself.

Qaybta 3aad

Saxeex foomka, bogga 13

Part 3: Sign the form, page 13

Foomkan waa in la saxeexaa ka hor inta aan la isticmaalin.

The form must be signed before it can be used.



Waxaad buuxin kartaa Qaybta 1aad, Qaybta 2aad, ama labadaba. You can fill out Part 1, Part 2, or both.

Buuxi kaliya qaybaha aad rabto. Had iyo jeer saxeex foomka qaybta 3aad.

Fill out only the parts you want. Always sign the form in Part 3.

2 markhaati ayaa loo baahan yahay inay saxeexaan bogga 14, ama nootaayada bogga 15. 2 witnesses need to sign on page 14, or a notary on page 15.

Kani waa foom sharci ah oo kuu ogolaanaya inaad cod ku yeelato daryeelkaaga caafimaad.

This is a legal form that lets you have a voice in your health care.

Wuxuu ogeysiin doonaa qoyskaaga, asxaabtaada, iyo bixiyeyaasha adeegyada caafimaadka inay ogaadaan sida aad rabto in lagu daryeelo haddii aadan u hadli karin naftaada. It will let your family, friends, and medical providers know how you want to be cared for if you cannot speak for yourself.

Maxaan ku sameeyaa foomkan? What should I do with this form?

- Fadlan foomkan la wadaag qoyskaaga, asxaabtaada, iyo bixiyayaasha adeegaaga caafimaadka. Please share this form with your family, friends, and medical providers.
- Fadlan xaqiiji in koobiyada foomkan lagu daro diiwaankaaga caafimaadka ee dhammaan meelaha aad ka hesho daryeelka. Please make sure copies of this form are placed in your medical record at all the places you get care.

Ka waran haddii aan su'aalo ka qabo foomka? What if I have questions about the form?

- Waa CAADI inaad ka boodo qayb kasta oo ka mid ah foomkan haddii aad su'aalo ka qabto ama aadan rabin inaad ka jawaabto. It is OK to skip any part of this form if you have questions or do not want to answer.
- Caawimaad weydiiso dhakhaatiirtaada, kalkaalisadaada, shaqaalaha arrimaha bulshada, qoyskaaga, ama asxaabtaada. Ask your doctors, nurses, social workers, family, or friends to help.
- Qareennada ayaa sidoo kale ku caawin kara. Foomkan ma bixinayo talo sharciyeed. Lawyers can help too. This form does not give legal advice.

Ka waran haddii aan rabo inaan sameeyo xulashooyin daryeel caafimaad oo aan ku jirin foomkan? What if I want to make health care choices that are not on this form?

- Bogga 12, waxaad ku qori kartaa wax kasta oo kale oo muhiim kuu ah adiga. On page 12, you can write down anything else that is important to you.



Goorma ayaan mar labaad buuxin doonaa foomkan? When should I fill out this form again?

- Haddii aad bedesho maskaxdaada/go'aanadaada ku aadan xulashooyinkaaga daryeelka caafimaadka If you change your mind about your health care choices
- Haddii caafimaadkaaga uu isbeddelo If your health changes
- Haddii qofka go'aan ka gaaraya caafimaadkaaga uu isbeddelo If your medical decision maker changes

Haddii lammaanahaaga uu yahay qofka kuu gaaraya go'aankaaga, oo aad is furtaan, qofkaas ma sii ahaan doono qof go'aan kuu gaaraya. If your spouse is your decision maker, and you divorce, that person will no longer be your decision maker.

Foomka cusub waxaad siisaa qofka kuu gaaraya go'aanada caafimaadkaaga iyo daryeel-bixiyeyaasha caafimaadka. Give the new form to your medical decision maker and medical providers.

Baabi'i foomamkii hore. Destroy old forms.

Foomkan iyo xulashooyinkaaga la wadaag qoyskaaga, asxaabtaada, iyo daryeel-bixiyeyaasha caafimaadka. Share this form and your choices with your family, friends, and medical providers.

Qaybta 1aad

Dooro qofka kuu gaaraya go'aanadaada caafimaad

Part 1: Choose your medical decision maker

Qofka kuu gaaraya go'aanadaada caafimaad ayaa kuu samayn kara go'aamo daryeel caafimaad haddii aanad awoodin inaad adigu gaarto go'aamadaas.

Your medical decision maker can make health care decisions for you if you are not able to make them yourself.

Go'aan kuu gaare caafimaad oo wanaagsan waa xubin ka tirsan qoyskaaga ama saaxiib kaas oo: A good medical decision maker is a family member or friend who:

- 18 sano jir ah ama ka weyn is 18 years of age or older
- kaala hadli kara rabitaankaaga can talk to you about your wishes
- kula joogi kara markaad u baahato can be there for you when you need them
- aad ku kalsoon tahay inuu fuliyo rabitaankaaga iyo inuu kuu sameeyo waxa adiga kuu fiican you trust to follow your wishes and do what is best for you
- aad ku kalsoon tahay inuu ogyahay macluumaadkaaga caafimaad you trust to know your medical information
- aan ka baqayn in uu su'aalo waydiiyo dhakhaatiirta oo uu ka hadlo waxa aad adiga rabto is not afraid to ask doctors questions and speak up about your wishes



Sharci ahaan, qofka kuu gaaraya go'aamada ma noqon karo dhakhtarkaaga ama qof ka shaqeeya isbitaalkaaga ama rugtaada caafimaad, marka laga reebo ay yihiin xubin ka tirsan qoyskaaga. Legally, your decision maker cannot be your doctor or someone who works at your hospital or clinic, unless they are a family member.

Maxaa dhici doona haddii aanan dooran qof ii gaara go'aanadayda caafimaad?

What will happen if I do not choose a medical decision maker?

Haddii aadan awoodin inaad adigu gaarto go'aanadaada, dhakhaatiirtaadu waxay u jeesan doonaan qoyskaaga iyo asxaabtaada ama garsooraha si ay kuugu gaaraan go'aannada. Waxaa laga yaabaa in qofkani aanu garanayn waxa aad adiga rabto. If you are not able to make your own decisions, your doctors will turn to family and friends or a judge to make decisions for you. This person may not know what you want.

Haddii aadan awoodin, qofka kuu gaaraya go'aanadaada caafimaad ayaa kuu doori kara waxyaabahan: If you are not able, your medical decision maker can choose these things for you:

- dhakhaatiir, kalkaaliyayaal, shaqaalaha arrimaha bulshada, daryeelayaal doctors, nurses, social workers, caregivers
- isbitaalada, rugaha caafimaadka, guryaha dadka lagu xanaaneeyo, daryeelka caafimaadka dhimirka hospitals, clinics, nursing homes, mental healthcare
- daawooyin, baaritaanno, ama daaweyn medications, tests, or treatments
- eegi kara macluumaadkaaga caafimaad who can look at your medical information
- waxa ku dhacaya jirkaaga iyo xubnahaaga ka dib markaad dhimato what happens to your body and organs after you die



Halkan waxaa ku qoran go'aamo badan oo qofka gaaraya ga'aanadaada caafimaad uu gaari karo: Here are more decisions your medical decision maker can make:

Bilaabista ama joojinta taageerada nololaha ama daawaynta caafimaad, sida:

Start or stop life support or medical treatments, such as:

- **CPR ama dib u soo kicinta shaqada wadnaha/sambabada**

CPR or cardiopulmonary resuscitation

cardio = wadnaha • pulmonary = sambabada • resuscitation = isku dayida dib u soo celinta cardio = heart • pulmonary = lungs • resuscitation = try to bring back

- **Tani waxay ku lug yeelan kartaa:** This may involve:

- in si adag loo cadaadiyo laabtaada si la isugu dayo in dhiigaagu uu jirka wada gaaro pressing hard on your chest to try to keep your blood pumping
- shoog koronto ah si la isugu dayo in la bilaabo shaqada wadnahaaga electrical shocks to try to jump start your heart
- dawooyin lagu daro xididadaada medicines in your veins

- **Mashiinka neefsashada ama hawo-mareenka** Breathing machine or ventilator

Mashiinku wuxuu hawada ku buufinayaa sambabadaada wuxuuna isku dayayaa inuu kuu neefsado. Ma awoodid inaad hadasho markaad mashiinka saaran tahay. The machine pumps air into your lungs and tries to breathe for you. You are not able to talk when you are on the machine.

- **Sifeynta kelyaha** Dialysis

Mashiin isku dayaya inuu nadiifiyo dhiiggaaga haddii kelyahaaga ay joojiyaan shaqada. A machine that tries to clean your blood if your kidneys stop working.

- **Tuubada Quudinta** Feeding Tube

Tuubo loo isticmaalo in lagugu quudiyo haddii aadan wax liqi karin. Tuubada ayaa waxaa la gelin karaa sankaa ilaa cunahaaga iyo calooshaada. Waxaa sidoo kale qalliin ahaan lagu gelin karaa calooshaada. A tube used to try to feed you if you cannot swallow. The tube can be placed through your nose down into your throat and stomach. It can also be placed by surgery into your stomach.

- **Ku shubista (IV) dhiiga iyo biyo** Blood and water transfusions (IV)

In dhiig iyo biyo lagu shubo jirkaaga. To put blood and water into your body.

- **Qalliin** Surgery

- **Daawooyin** Medicines



*Sida ugu wanaagsan ee ay daawayntani u shaqeyso waxay ku xirnaan doontaa caafimaadkaaga iyo da'daada. Weydii kooxda daryeelka caafimaadka waxyaabaha la xiriira Tayada Nololaha ee la heli karo ka dib qaadashada daawaynta. *How well these treatments work will depend on your health and your age. Ask the medical care team about Quality of Life after these treatments.

Go'aammada dhamaadka nololaha ah ee qofka kuu gaaraya go'aamada caafimaad uu gaari karo: End of life decisions your medical decision maker can make:

- inuu u yeero hoggaamiyaha diinta call in a religious or spiritual leader
- inuu go'aamiyo haddii aad ku dhimanayso guriga ama isbitaalka decide if you die at home or in the hospital
- inuu go'aamiyo in la samaynayo baaritaanka meydka ama ku-deeqidda xubnaha jirka decide about autopsy or organ donation
- inuu go'aamiyo aaska ama gubista meydka decide about burial or cremation

Markaad saxiixdo foomkan, waxaad u oggolaanaysaa qofka kuu gaaraya go'aanadaada caafimaad inuu:

By signing this form, you allow your medical decision maker to:

- ogolaado, diido, ama ka noqdo wixii taageero nololeed ama daaweyn ah haddii aadan awoodin inaad naftaada u hadasho agree to, refuse, or withdraw any life support or medical treatment if you are not able to speak for yourself
- go'aamiyo waxa ku dhacaya jirkaaga markaad dhimato ka dib, sida qorshooyinka aaska iyo ku-deeqidda xubnaha jirka decide what happens to your body after you die, such as funeral plans and organ donation

Haddii ay jiraan go'aanno aadan rabin inay gaaraan, halkan ku qor:

If there are decisions you do not want them to make, write them here:

Goorma ayuu qofka go'aanka caafimaad ii gaaraya uu go'aan ii gaari karaa?

When can my medical decision maker make decisions for me?

KALIYA ka dib marka aanan awoodin inaan go'aan ka gaaro

ONLY after I am not able to make my own decisions

HADDA, isla markiiba ka dib markaan saxeexo foomkan

NOW, right after I sign this form



Haddii aad rabto, waxaad qori kartaa sababta aad sidaas u dareemayso. If you want, you can write why you feel this way.

Qor magaca qofka gaaraya go'aanadaada caafimaad. Write the name of your medical decision maker.

#1: Waxaan rabaa in qofkan uu gaaro go'aannadayda caafimaad haddii aanan awoodin in aan

aniga gaaro: #1: I want this person to make my medical decisions if I am not able to make my own.

magaca koowaad first name

magaca dambe last name

xiriirka kaala dhaxeeya relationship

taleefanka #1 phone #1

taleefanka #2 phone #2

iimaylka email

cinwaanka address

magaalada city

gobolka
state

cinwaanka boostada
zip code

#2: Haddii qofka ugu horreeya uusan sameyn karin, markaas waxaan rabaa in qofkan uu

gaaro go'aammadayda caafimaad: #2: If the first person cannot do it, then I want this person to make my medical decisions:

magaca koowaad first name

magaca dambe last name

xiriirka kaala dhaxeeya relationship

taleefanka #1 phone #1

taleefanka #2 phone #2

iimaylka email

cinwaanka address

magaalada city

gobolka
state

cinwaanka boostada
zip code

Waa maxay sababta aad u dooratay qofkan gaaraya go'aanadaada caafimaad?

Why did you choose your medical decision maker?

Haddii aad rabto, waxaad bogga 5aad ku qori kartaa sababta aad u dooratay dadka kuu gaaraya go'aanada ee #1 iyo #2. If you want, you can write why you chose your #1 and #2 decision makers.

Qor qof kasta oo AADAN rabin inuu gacan ka gaysto go'aanadaada caafimaad. Write down anyone you would NOT want to help make medical decisions for you.

Haddii qoyskaagu ay go'aanka u gaarayaan koox ahaan, yaad ka rabtaa inuu ka mid noqdo kooxda? Qofka(dadka) gaaraya go'aanadaada caafimaad ee ku yaala bogga 5 ayaa wali lahaan doona go'aanka kama dambaysta ah. If your family makes decisions as a group, who do you want in the group? Your medical decision maker(s) on page 5 will still have the final say.

Sidee ugu adag ayaad rabtaa in go'aamiyaha arrimahaaga caafimaad uu u raaco rabitaankaaga haddii aadan awoodin inaad u hadasho nafsadaada?

How strictly do you want your medical decision maker to follow your wishes if you are not able to speak for yourself?

Dabacsanaantu waxay u oggolaanaysaa go'aan gaarahaaga inuu beddelo go'aamadii hore haddii dhakhaatiirta ay u maleeyaan in ay jiraan wax kale oo kuu fiican wakhtigaas. Flexibility allows your decision maker to change your prior decisions if doctors think something else is better for you at that time.

Go'aamadii hore waxay noqon karaan rabitaanadii aad hore u soo qortay ama kala hadashay go'aan ka gaaraha arrimahaaga caafimaad. Waxaad rabitaanadaada ku qori kartaa qaybta 2aad ee foomka. Prior decisions may be wishes you wrote down or talked about with your medical decision maker. You can write your wishes in Part 2 of the form.

Calaamadeey hal xulasho oo aad ku raacsan tahay. Check the one choice you most agree with.

Dabacsanaan Buuxda: Waa CAADI in qofka go'aanka ii gaaraya uu beddelo mid ka mid ah go'aammadayda caafimaad haddii dhakhaatiirtayda ay u arkaan inay aniga ii fiican tahay wakhtigaas. Total Flexibility: It is OK for my decision maker to change any of my medical decisions if my doctors think it is best for me at that time.

Dabacsanaanta Xoogaa ah: Waa CAADI in qofka go'aanka ii gaaraya uu beddelo qaar ka mid ah go'aammadayda haddii ay dhakhaatiirta ay u arkaan inay sidaas fiican tahay. Laakin, rabitaanadan ma rabo in WALIGOOD wax laga beddelo: Some Flexibility: It is OK for my decision maker to change some of my decisions if the doctors think it is best. But, these wishes I NEVER want changed:

Dabacsanaan La'aan: Waxaan rabaa in qofka go'aanka ii gaaraya uu si sax ah u raaco rabitaanadayda caafimaad. CAADI ma ah in la beddelo go'aammadayda, xitaa haddii ay dhakhaatiirtu ku taliyaan. No Flexibility: I want my decision maker to follow my medical wishes exactly. It is NOT OK to change my decisions, even if the doctors recommend it.

Haddii aad rabto, waxaad qori kartaa sababta aad sidaas u dareemayso. If you want, you can write why you feel this way.

Si aad u samayso xulashooyinkaaga daryeelka caafimaadka, tag Qaybta 2aad ee bogga 7. Haddii aad dhamayso, waa inaad foomkan ku saxeexo bogga 13. Fadlan rabitaankaaga la wadaag qoyskaaga, asxaabtaada, iyo daryeel-bixiyayaasha caafimaadka. To make your own health care choices, go to Part 2 on page 7. If you are done, you must sign this form on page 13. Please share your wishes with your family, friends, and medical providers.

Sameeyso xulashooyinkaaga daryeelka caafimaad ee adiga kuu gaarka ah

Buuxi su'aalaha aad rabto oo kaliya.

Make your own health care choices
Fill out only the questions you want.

Qaybta 2aad:

Sideed u doorbid lahayd inaad u gaarto go'aanada caafimaad? How do you prefer to make medical decisions?

Dadka qaarkiis waxay door bidaan inay iyagu gaartaan go'aanada caafimaad. Dadka qaarkiis waxay door bidaan inay talo ka helaan dadka kale (qoyska, asxaabta, iyo daryeel-bixiyeyaasha caafimaadka) ka hor intaanay go'aan gaarin. Iyo, dadka qaarkiisna waxay doorbidaan dadka kale inay go'aanka u gaaraan. Some people prefer to make their own medical decisions. Some people prefer input from others (family, friends, and medical providers) before they make a decision. And, some people prefer other people make decisions for them.

Fadlan ogow: Daryeel-bixiyeyaasha caafimaadka go'aan kuuma gaari karaan adiga. Waxay kaliya ku siin karaan macluumaadka ka caawinaya go'aan qaadashada. Please note: Medical providers cannot make decisions for you. They can only give information to help with decision making.

Sideed u doorbid lahayd inaad u gaarto go'aanada caafimaad? How do you prefer to make medical decisions?

Waxaan doorbidaa in aan keligay go'aan ka gaaro caafimaadkayga iyada oo aan cid kale igala talin. I prefer to make medical decisions on my own without input from others.

Waxaan doorbidaa in aan gaaro go'aanada caafimaad ka dib markaan talo ka helo dadka kale. I prefer to make medical decisions only after input from others.

Waxaan doorbidaa in dadka kale ay go'aanno caafimaad ii gaaraan. I prefer to have other people make medical decisions for me.

Haddii aad rabto, waxaad qori kartaa sababta aad sidaas u dareemayso, iyo cidda aad ka rabto talo. If you want, you can write why you feel this way, and who you want input from.

Maxaa nolosha ugu muhiimsan? Tayada nolosha dadka siyaabo kala duwan ayay u qiimeeyaan. What matters most in life? Quality of life differs for each person.

Maxaa ugu muhiimsan noloshaada? What is most important in your life?

Calaamadeey hadba inta ugu badan ee aad rabto.
Check as many as you want.

Qoyskaaga ama asxaabtaada Your family or friends _____

Xayawaanadaada rabaayadda ah Your pets _____

Hiwaayadaha, sida beeraynta, socodka, iyo karinta Hobbies, such as gardening, hiking, and cooking _____

Hiwaayadahaaga Your hobbies _____

Shaqeynta ama mutadawacnimada Working or volunteering _____

Daryeelida naftaada iyo inaad madax banaanaato Caring for yourself and being independent _____

Inaad culays ku ahaanin qoyskaaga Not being a burden on your family _____

Diinta ama caqiidada: Diintaada: Religion or spirituality: Your religion _____

Wax kale Something else _____

Maxaa noloshaada farxad u keena? Waa maxay rajadaada ugu weyn ee nolosha?

What brings your life joy? What are you most looking forward to in life?

Maxaa ugu muhiimsan daryeelkaaga caafimaad? Arrintani dadka way ku kala duwan yihiin. What matters most for your medical care? This differs for each person.

Dadka qaarkiis, hadafka ugu weyn waa inay sii noolaadaan hadba inta suurtoogalka ah xitaa haddii:

For some people, the main goal is to be kept alive as long as possible even if:

- Ay tahay in ku noolaadaan mashiin oo ayna xanuunsanayaan
They have to be kept alive on machines and are suffering
- Ay aad u xanuun sanayaan oo aanay la hadli karin qoyskooda iyo asxaabtooda
They are too sick to talk to their family and friends

Dadka kalana, hadafka ugu weyn waa inay diiradda saaraan tayada nolosha iyo inay ku raaxaystaan noolashooda. For other people, the main goal is to focus on quality of the life and being comfortable.

- Dadkani waxay door bidaan geeri dabiici ah, iyo in noolashooda lagu xiriiriyo mashiin These people would prefer a natural death, and not be kept alive on machines

Dad kale meel intaas u dhaxaysa ayay doorbidaan. **Maxaa muhiim kuu ah adiga?**

Other people are somewhere in between. What is important to you?

Hadafyadaada waxaa laga yaabaa inay ka duwan yihiin caafimaadkaaga maanta ah marka loo eego dhamaadka noloshaada. Your goals may differ today in your current health than at the end of life.

MAANTA, CAAFIMAADKAAGA HADDA AH TODAY, IN YOUR CURRENT HEALTH

Hal xulasho ka calaamadeey safkan si aad u muujiso sida aad maanta dareemayso, caafimaadkaaga hadda ah. Check one choice along this line to show how you feel today, in your current health.



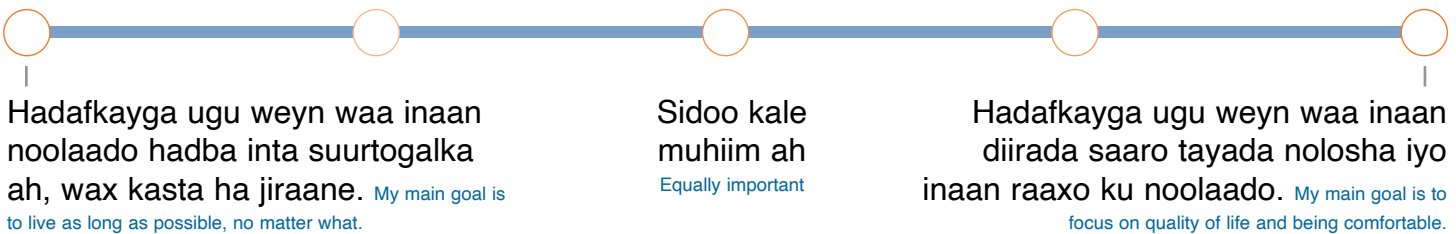
Haddii aad rabto, waxaad qori kartaa sababta aad sidaas u dareemayso.

If you want, you can write why you feel this way.

DHAMAADKA NOLOSHA AT THE END OF LIFE

Check one choice along this line to show how you would feel if you were so sick that you may die soon.

Hal xulasho ka calaamadeey safkan si aad u muujiso sida aad dareemi lahayd haddii aad aad u xanuunsanayso oo aad ku dhowdahay inaad dhimato.



Haddii aad rabto, waxaad qori kartaa sababta aad sidaas u dareemayso.

If you want, you can write why you feel this way.

Tayada noloshu way u kala duwan tahay qof walba marka la gaaro dhamaadka nolasha. Maxaa kuu noqon lahaa waxa adiga kuugu muhiinsan?

DHAMAADKA NOLOSHA AT THE END OF LIFE

Quality of life differs for each person at the end of life. What would be most important to you?

Dadka qaarkiis waxay diyaar u yihiin inay dhibaato badan ku noolaadaan si ay u helaan fursad ay ku noolaadaan waqti dheer. Some people are willing to live through a lot for a chance of living longer.

Dadka kale waxay og yihiin in waxyaalaha qaarkood ay aad ugu adkaan doonaan tayada noloshooda. Other people know that certain things would be very hard on their quality of life.

- Waxyaabahaas ayaa laga yaabaa inay ku qasbaan inay rabaan inay diiradda saaraan ku raaxaysiga nolasha bedelkii ay isku dayi lahaayeen inay noolaadaan wakhti dheer hadba inta suurto galka ah. Those things may make them want to focus on comfort rather than trying to live as long as possible.

Dhamaadka nolasha, waxyaalahan soo socda keebaa ku adkaan lahaa tayada noloshada?

Calaamadeey hadba inta ugu badan ee aad rabto.

Inaan koomo ku jiro oo aanan awoodin inaan soo tooso ama aan la hadlo qoyskayga iyo asxaabtayda Being in a coma and not able to wake up or talk to my family and friends

At the end of life, which of these things would be very hard on your quality of life? Check as many as you want.

Inaan awoodin inaan noolaado iyadoon la igu xiriirin mishiin Not being able to live without being hooked up to machines

Not being able to think for myself, such as severe dementia

Inaan awoodin inaan naftayda ka fikiro, sida waallida/miyar daboolka daran

Inaan awoodin inaan wax cuno, mayrto, ama is daryeelo Not being able to feed, bathe, or take care of myself

Inaan awoodin inaan keligay noolaado, sida guriga dadka lagu xanaaneeyo Not being able to live on my own, such as in a nursing home

Inaan yeesho xanuun joogto ah, xanuun aad u daran ama aan dareemo raaxo darro Having constant, severe pain or discomfort

Wax kale _____

Something else _____

AMA, waxaan diyaar u ahay inaan ku noolaado waxyaalahan oo dhan si aan u helo fursad aan ku noolaado wakhti dheer. OR, I am willing to live through all of these things for a chance of living longer.

Haddii aad rabto, waxaad qori kartaa sababta aad sidaas u dareemayso.

If you want, you can write why you feel this way.

Waa maxay khibradaha aad kala kulantay cudur halis ah ama qof kuu dhow oo aad u xanuunsanaa ama dhimanayay? What experiences have you had with serious illness or with someone close to you who was very sick or dying?

- Haddii aad rabto, waxaad qori kartaa waxa si fiican u dhacay ama aan si fiican u dhicin, iyo sababta. If you want, you can write down what went well or did not go well, and why.

Haddii aad dhimanayso, halkeed rabi lahayd inaad joogtid? If you were dying, where would you want to be?

guriga
at home

isbitaalka
in the hospital

ama
either

ma hubo
I am not sure

Maxaa kale ayaa muhiim kuu noqon lahaa, sida cuntada, muusiga, xayawaanada rabaayada ah, ama dadka aad ka rabto inay joogaan agagaarkaaga? What else would be important, such as food, music, pets, or people you want around you?

Sideed iskugu dheellitiraysaa tayada nolosha iyo daryeelka caafimaadka?

Mararka qaarkood jirrooyinka iyo daawaynta loo isticmaalo in lagaga caawiyo dadka in ay sii noolaadaan waxay keeni karaan xanuuno, waxyeellooyin, iyo awood la'aan ah in qofka uu isdaryeeli kari waayo. How do you balance quality of life with medical care?

Sometimes illness and the treatments used to try to help people live longer can cause pain, side effects, and the inability to care for yourself.

Fadlan akhri boggan oo dhan ka hor inta aanad xulasho samayn.

Please read this whole page before making a choice.

DHAMAADKA NOLOSHA, dadka qaarkiis waxay diyaar u yihiin inay ku noolaadaan dhibaatooyin badan si ay u helaan fursad ay ku noolaadaan waqti dheer. Dadka kale waxay og yihiin in waxyaalaha qaarkood ay aad ugu adkaan doonaan tayada noloshooda. AT THE END OF LIFE, some people are willing to live through a lot for a chance of living longer. Other people know that certain things would be very hard on their quality of life.

Daaweynta taageerada noloshu waxay noqon kartaa CPR, isticmaalka mashiinka neefsashada, tuubooyinka quudinta, sifeynta, ama dhiig-shubidda. Life support treatment can be CPR, a breathing machine, feeding tubes, dialysis, or transfusions.



*Sida ugu wanaagsan ee ay daawayntani u shaqeyso waxay ku xirnaan doontaa caafimaadkaaga iyo da'daada. Weydii kooxdaada daryeelka caafimaadka, "Sidee ayay Tayada Noloshayda noqon doontaa ka dib daawayntan?". *How well these treatments work will depend on your health and your age.

Ask the medical care team about [Quality of Life](#) after these treatments.

Calaamadeey hal xulasho oo aad ku raacsan tahay. Check the one choice you most agree with.

Haddii aad si aad ah u xanuunsanaan lahayd oo laga yaabo inaad dhaqso u dhimato, maxaad doorbidi lahayd? If you were so sick that you may die soon, what would you prefer?

Waxaan isku dayi lahaa dhammaan daawaynta taageerada nolosha ee ay dhakhaatiirtaydu u malaynayaan inay i caawin karaan. Waxaan rabaa inaan ku sii jiro daawaynta taageerada nolosha xitaa haddii ay jirto rajo yar oo ah inaan ka roonaado ama ku noolaado nolol aan qiimeeyo. Try all life support treatments that my doctors think might help. I want to stay on life support treatments even if there is little hope of getting better or living a life I value.

Waxaan samayn lahaa tijaabada daawaynta taageerada nolosha oo ay dhakhaatiirtaydu u malaynayaan inay i caawin karaan. Laakin, MA rabo in aan ku sii jiro daawaynta taageerada nolosha haddi daawadu shaqayn waydo oo ay jirto rajo yar oo ah in aan ka roonaado sidaas ama inaan ku noolaado nolol aan qiimeeyo. Do a trial of life support treatments that my doctors think might help. But, I DO NOT want to stay on life support treatments if the treatments do not work and there is little hope of getting better or living a life I value.

Ma doonayo daawaynta taageerada nolosha, waxaan doonayaa inaan diirada saaro inaan ku raaxaysto noolasha. Waxaan doorbidayaa inaan helo geeri dabiici ah. I do not want life support treatments, and I want to focus on being comfortable. I prefer to have a natural death.

Waa maxay waxyaabaha kale oo ay tahay in adeeg bixiyayaashaada caafimaad iyo dadka kuu gaaraya go'aanada ay ka ogaadaan xulashadan? Maxaa kale oo muhiim kuu noqon lahaa?

Waxaad wax badan ku qori kartaa bogga 12. What else should your medical providers and decision maker know about this choice? What else would be important to you? You can write more on page 12.

Waxaa laga yaabaa in qofka kuu gaaraya go'aanada la weydiiyo wax ku saabsan ku-deeqidda xubnaha jirka iyo baaritaanka meydka ka dib markaad dhimato. Fadlan noo sheeg rabitaankaaga. Your decision maker may be asked about organ donation and autopsy after you die. Please tell us your wishes.

KU-DEEQIDA XUBNAHA JIRKA ORGAN DONATION

Dadka qaar ayaa go'aansada inay dadka kale ugu deeqaan xubnahooda jirka ama xubnaha jirkooda. Maxaad doorbidaysaa?

Some people decide to donate their organs or body parts. What do you prefer?

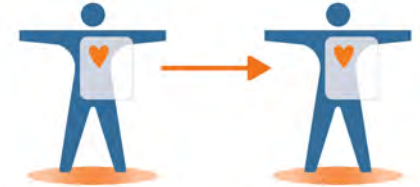
Waxaan rabaa in aan ku deeqo xubnahayga ama xubnaha jirkayga. I want to donate my organs or body parts.

Xubintee ama xubnahee jirka ayaad rabtaa inaad ku deeqdo? Which organ or body part do you want to donate?

Xubin kasta ama xubnaha jirka hadba midii loo baahdo Any organ or body part

Kaliya Only _____

Ma rabo inaan ku deeqo xubnahayga ama xubnaha jirkayga. I do not want to donate my organs or body parts.



Waa maxay waxyaabaha kale oo ay tahay in adeeg bixiyayaashaada caafimaad iyo dadka kuu gaaraya go'aanada caafimaad ka ogaadaan ku-deeqidda xubnaahaaga ama xubnaha jirkaaga? What else should your medical providers and medical decision maker know about donating your organs or body parts?

BAARITAANKA MEYDKA AUTOPSY

Baaritaanka meydka ayaa la sameyn karaa dhimashada ka dib si loo ogaado sababta qof uu u dhintay. Waxa lagu sameeyaa qaliin. Waxay qaadan kartaa dhowr maalmood.

An autopsy can be done after death to find out why someone died. It is done by surgery. It can take a few days.

Waxaan rabaa baaritaanka meydka. I want an autopsy.

Ma rabo in baadhitaan lagu sameeyo meydka. I do not want an autopsy.

Waxaan rabaa baadhitaan in lagu sameeyo meydka keliya haddii ay jiraan su'aalo ku saabsan dhimashadayda. I only want an autopsy if there are questions about my death.



RABITAANKA AASKA FUNERAL OR BURIAL WISHES

Maxay tahay adeeg bixiyayaashaada caafimaad iyo dadka kuu gaaraya go'aanada caafimaad inay ogaadaan sida aad u rabto in jirkaaga loola dhaqmo ka dib markaad dhimato, iyo rabitaanada aaska? What should your medical providers and decision maker know about how you want your body to be treated after you die, and your funeral or burial wishes?

- Ma leedahay rabitaan diimeed oo ku aadan aaska? Do you have religious or spiritual wishes for your funeral or burial?

IKHTIYAARI AH: Sideed doorbidaysaa inaad u hesho macluumaadka caafimaadka?

OPTIONAL: How do you prefer to get medical information?

Dadka qaar ayaa laga yaabaa inay rabaan inay ogaadaan dhammaan macluumaadka caafimaadkooda. Dadka kalana waxaa laga yaabaa inaysan rabin. *Some people may want to know all of their medical information. Other people may not.*

Haddii aad qabi lahayd jirro halis ah, ma rabi lahayd in dhakhaatiirtaada iyo bixiyeyaashaada caafimaad ay kuu sheegaan sida aad u jirran tahay ama muddada aad noolaan karto?

If you had a serious illness, would you want your doctors and medical providers to tell you how sick you are or how long you may have to live?

Haa, waxaan jeclaan lahaa inaan ogaado macluumaadkan. *Yes, I would want to know this information.*

Maya, ma rabo inaan ogaado. Fadlan beddelkayga kala hadal qofka ii gaaraya go'aanadayda. *No, I would not want to know. Please talk with my decision maker instead.*

Haddii aad rabto, waxaad qori kartaa sababta aad sidaas u dareemayso. *If you want, you can write why you feel this way.*

*La hadal daryeel-bixiyeyaashaada caafimaad si ay u ogaadaan sida aad u rabto inaad ku hesho macluumaadka.

*Talk to your medical providers so they know how you want to get information.

Waa maxay waxyaabaha kale oo ay tahay in adeeg bixiyayaashaada caafimaad iyo qofka(dadka) kuu gaaraya go'amada caafimaad ay kaa ogaadaan adiga iyo xulashooyinkaaga daryeelka caafimaadka?

What else should your medical providers and medical decision maker(s) know about you and your choices for medical care?

Halkaan waxaa ku qoran dhawr tusaalooyin: *Here are just a few examples:*

- Ma leedahay caqiido diineed oo haga daryeelkaaga caafimaad? *Do you have religious or spiritual beliefs that guide your medical care?*
- Maxaa dhacaya haddii aad la kulanto xusuus-dhimis ama waalli, oo aysan badbaado ahayn inaad wado baabuur, ama aysan badbaado ahayn inaad guriga ku noolaato? *What if you get memory loss or dementia, are no longer safe to drive, or are no longer safe to live at home?*

Sideed u rabi lahayd in kooxdaada daryeelka caafimaadka, qoyskaaga, iyo saaxiibadaa ay kaala hadlaan waxyaalahan? Maxaad ka walwali lahayd? Maxaa muhiim kuu noqon lahaa adiga? *How would you want your medical care team, family, and friends to talk with you about these things? What would you be worried about? What would be important to you?*

- Haddii aad isbitaalka ku jiri lahayd, yaa kaa caawin lahaa biilashaada iyo xayawaanada rabaayada ah? Ogoow: Si aad qofkan u siiso awood sharci ah oo uu kaaga caawinayo lacagtaada, biilashaada, xayawaanada rabaayada ah, iyo waxyaabaha aad mulkiyad u leedahay, waxaad sidoo kale u baahan tahay inaad arrintaas ku qorto foomam kale oo sharci ah.

PlanforClarity.org *If you were in the hospital, who could help with your bills or pets? Note: To give this person legal power to help with your money, bills, pets, and things you own, you also need to write this in other legal forms. See PlanforClarity.org.*

Waxaad wax badan oo ku saabsan xulashooyinkaaga ku qori kartaa bogga xiga.

You can write more about your choices on the next page.

Qaybta 3aad Saxeex foomka

Part 3: Sign the form



Kahor inta aan foomkan la isticmaalin, waa inaad: Before this form can be used, you must:

- saxiixdaa foomkan haddii aad 18 jir tahay ama ka weyn tahay sign this form if you are 18 years of age or older
- haysataa laba markhaati ama nootaayo waa inay saxeexdaa foomka have two witnesses or a notary sign the form

Saxeex magacaaga oo qor taariikhda. Sign your name and write the date.

saxiix magacaaga signature

taariikhda maanta today's date

far waaweyn ku qor magacaaga koowaad first name far waaweyn ku qor magacaaga dambe last name taariikhda dhalashada DOB

cinwaanka address

magaalada city

gobolka state

cinwaanka
boostada
zip code

Markhaatiyaasha ama Nootaayada

Witnesses or Notary

Kahor inta aan foomkan la isticmaalin, waa inaad haysataa 2 markhaati ama nootaayo waa inay saxeexdaa foomka. Shaqada nootaayada waa inay xaqiijiyaan inaad adigu saxiixday foomka. Before this form can be used, you must have 2 witnesses or a notary sign the form. The job of a notary is to make sure it is you signing the form.

Markhaatiyaashaadu waa inay: Your witnesses must:

- jiraan da'da 18 sano ama ka weyn be 18 years of age or older
- ku garanayaan know you
- oggolaadaan in aad adiga tahay qofka saxiixay foomkan agree that it was you that signed this form



Markhaatiyaashaadu ma noqon karaan: Your witnesses cannot:

- dadka kuu gaaraya go'aankaaga caafimaad be your medical decision maker
- daryeel-bixiyaashaada caafimaad be your health care provider
- u shaqeeya daryeel-bixiyahaaga caafimaad work for your health care provider
- ka shaqeeya meesha aad ku nooshahay (haddii aad ku nooshahay guriga dadka lagu xanaaneeyo tag bogga 15) work at the place that you live (if you live in a nursing home go to page 15)

Sidoo kale, hal markhaati ma noqon karo: Also, one witness cannot:

- mid sinaba kuula qaraabo ah be related to you in any way
- dhaqaale ahaan u faa'iidaya (helaya lacag ama hanti) ka dib markaad dhimato benefit financially (get any money or property) after you die

Markhaatiyaashu waxay u baahan yihiin inay magacyadooda ku saxeexaan bogga 14. Haddii aanad haysan markhaatiyaa, nootaayo waa inay saxeexdaa bogga 15. Witnesses need to sign their names on page 14. If you do not have witnesses, a notary must sign on page 15.

Markhaatiyaashaadu ha saxeexaan magacyadooda hana qoraan taariikhda.

Have your witnesses sign their names and write the date.

Markaan saxiixayo, waxaan ballan qaadayaa in _____
uu saxeexay foomkan.

(qofka lagu magacaabay bogga 13)

By signing, I promise that (the person named on page 13) signed this form.

Si cad ayay u fikirayeen oo laguma qasbin inay saxeexaan.

They were thinking clearly and were not forced to sign it.



Waxaan sidoo kale ballan qaadayaa in: I also promise that:

- Aan garanayo qofkan ama waxay caddayn karaan cidada uu yahay I know this person or they can prove who they are
- Waxaan ahay 18 jir ama ka weyn I am 18 years of age or older
- Anigu ma ihi qofka u gaar go'aanada caafimaad I am not their medical decision maker
- Anigu ma ihi daryeel-bixiyahooda caafimaad I am not their health care provider
- Uma shaqeeyo daryeel-bixiyahooda caafimaad I do not work for their health care provider
- Kama shaqeeyo halka ay ku nool yihiin I do not work where they live

Hal marqaati waa inuu sidoo kale ballanqaadaa in: One witness must also promise that:

- Lama ahi qarroobo xagga dhiigga, guurka, iyo korsasho toona kula qaraabo ah I am not related to them by blood, marriage, or adoption
- Dhaqaale ahaan kama faa'iidi doono (lacag ama hanti) ka dib markay dhintaan I will not benefit financially (get any money or property) after they die

Markhaati #1 Witness #1saxiix magacaaga, taariikhda signaturetaariikhda datefar waaweyn ku qor magacaaga koowaad print first namefar waaweyn ku qor magacaaga dambe print last namecinwaanka addressmagaalada citygobolka
statecinwaanka boostada
zip code**Markhaati #2** Witness #2saxiix magacaaga, taariikhda signaturetaariikhda datefar waaweyn ku qor magacaaga koowaad print first namefar waaweyn ku qor magacaaga dambe print last namecinwaanka addressmagaalada citygobolka
statecinwaanka boostada
zip code**Hadda waad dhamaysay foomkan.** You are now done with this form.

Foomkan la wadaag qoyskaaga, asxaabtaada, iyo daryeel-bixiyayaasha caafimaadka. Kala hadal rabitaannadaada caafimaad. Waxaad sidoo kale waydiisan kartaa inay kaa caawiyaan samaynta koobiyada iyo in foomka la geliyo diiwaankaaga caafimaad. Share this form with your family, friends, and medical providers. Talk with them about your medical wishes. You can also ask them to help make copies and get the form into your medical record.

Si aad wax badan uga ogaato gal www.prepareforyourcare.org To learn more go to www.prepareforyourcare.org

Nootaayada Dadweynaha: Foomkan u geey nootaayada dadweyne KALIYA haddii laba markhaati aysan saxiixin foomkan. Hore u keen Aqoonsi leh sawir (shatiga darawalnimada, baasaboorka, iwm.).

Notary Public: Take this form to a notary public ONLY if two witnesses have not signed this form. Bring photo I.D. (driver's license, passport, etc.).

CERTIFICATE OF ACKNOWLEDGEMENT OF NOTARY PUBLIC

A Notary Public or other officer completing this certificate verifies only the identity of the individual who signed the document to which this certificate is attached, and not the truthfulness, accuracy, or validity of that document.

State of California County of _____

On _____ before me, _____, personally appeared _____

Date

Here insert name and title of the officer

Names(s) of Signer(s)

who proved to me the basis of satisfactory evidence to be the person(s) whose name(s) is/are subscribed to the within instrument and acknowledged to me that he/she/they executed the same in his/her/their authorized capacity(ies), and that by his/her/their signature(s) on the instrument the person(s), or the entity upon behalf of which the person(s) acted, executed the instrument.

I certify under PENALTY OF PERJURY under the laws of the State of California that the foregoing paragraph is true and correct. WITNESS my hand and official seal.

Signature _____

Signature of Notary Public

Description of Attached Document

Title or type of document: _____

Date: _____ Number of pages: _____

Capacity(ies) Claimed by Signer(s)

Signer's Name: _____

- Individual
- Guardian or conservator
- Other _____

(Notary Seal)

KALIYA Loogu Talo Galay Dadka Deggan Guriga Kalkaalinta California

For California Nursing Home Residents ONLY

Sii foomkan agaasimaha guriga kalkaalinta KALIYA haddii aad ku nooshahay guriga kalkaalinta. Sharciga California wuxuu farayaa in dadka degan guryaha kalkaalinta ay wakiilka guriga kalkaalinta ka dhigtaan qof markhaati uga noqda dardaaranka hordhaca ah. Give this form to your nursing home director ONLY if you live in a nursing home. California law requires nursing home residents to have the nursing home ombudsman as a witness of advance directives.

Bayaanka u-doodaha ama dhexdhexaadiyaha bukaanka Statement of the patient advocate or ombudsman

Waxaan caddeynayaa anigoo ka warqaba ciqaabta been-sheegista ee hoos timaada shuruucda California in aan u-doode ama dhexdhexaadiye u ahay bukaanka sida ay iigu qoondaysay Waaxda Gobolka ee Gabowga iyo inaan u adeegayo markhaati ahaan sida uu qabo Qaybta 4675 ee Xeerka Probate. "I declare under penalty of perjury under the laws of California that I am a patient advocate or ombudsman as designated by the State Department of Aging and that I am serving as a witness as required by Section 4675 of the Probate Code."

saxiix magacaaga signature

taariikhda date

far waaweyn ku qor magacaaga koowaad print first name

far waaweyn ku qor magacaaga dambe print last name

cinwaanka address

magaalada city

gobolka state

cinwaanka boostada zip code

