

# Michigan Advance Health Care Directive

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

This form has 3 parts:

## Part 1 Choose a medical decision maker, Page 3



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

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

## Part 2 Make your own health care choices, Page 6

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.

## Part 3 Sign the form, Page 11

The form must be signed before it can be used.



You can fill out Part 1, Part 2, or both.

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

2 witnesses need to sign on Page 12.

If you choose a medical decision maker, they must also sign on Page 13.

Your Name \_\_\_\_\_

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

It will let your family, friends, and medical providers know how you want to be cared for if you cannot speak for yourself.

### **What should I do with this form?**

- Please share this form with your family, friends, and medical providers.
- Please make sure copies of this form are placed in your medical record at all the places you get care.

### **What if I have questions about the form?**

- It is OK to skip any part of this form if you have questions or do not want to answer.
- Ask your doctors, nurses, social workers, family, or friends to help.
- Lawyers can help too. This form does not give legal advice.

### **What if I want to make health care choices that are not on this form?**

- On Page 10, you can write down anything else that is important to you.

### **When should I fill out this form again?**

- If you change your mind about your health care choices
- If your health changes
- If your medical decision maker changes



If you and your spouse divorce, that person will no longer be your decision maker.

Give the new form to your medical decision maker and medical providers.

Destroy old forms.

**Share this form and your choices with your family, friends, and medical providers.**

# Part 1

## Choose your medical decision maker

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

**A good medical decision maker is a family member or friend who:**

- is 18 years of age or older
- can talk to you about your wishes
- can be there for you when you need them
- you trust to follow your wishes and do what is best for you
- you trust to know your medical information
- is not afraid to ask doctors questions and speak up about your wishes



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

If you are not able to make your own decisions, your doctors may turn to family and friends or a judge to make decisions for you. This person may not know what you want.

**If you are not able, your medical decision maker can choose these things for you:**

- doctors, nurses, social workers, caregivers
- hospitals, clinics, nursing homes
- medications, tests, or treatments
- who can look at your medical information
- what happens to your body and organs after you die



## Here are more decisions your medical decision maker can make:

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

- **CPR or cardiopulmonary resuscitation**

cardio = heart • pulmonary = lungs • resuscitation = try to bring back

**This may involve:**

- pressing hard on your chest to try to keep your blood pumping
- electrical shocks to try to jump start your heart
- medicines in your veins



- **Breathing machine or ventilator**

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.

- **Dialysis**

A machine that tries to clean your blood if your kidneys stop working.

- **Feeding Tube**

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.

- **Blood and water transfusions (IV)**

To put blood and water into your body.

- **Surgery**

- **Medicines**



## End of life decisions your medical decision maker can make:

- call in a religious or spiritual leader
- decide about autopsy or organ donation
- decide if you die at home or in the hospital
- decide about burial or cremation

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

- agree to, refuse, or withdraw any life support or medical treatment if you are not able to speak for yourself
- decide what happens to your body after you die, such as funeral plans and organ donation

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

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**Write the name of your medical decision maker.**

I want this person to make my medical decisions if I am not able to make my own:

\_\_\_\_\_ first name \_\_\_\_\_ last name

\_\_\_\_\_ phone #1 \_\_\_\_\_ phone #2 \_\_\_\_\_ relationship

\_\_\_\_\_ address \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip code

If the first person cannot do it, then I want this person to make my medical decisions:

\_\_\_\_\_ first name \_\_\_\_\_ last name

\_\_\_\_\_ phone #1 \_\_\_\_\_ phone #2 \_\_\_\_\_ relationship

\_\_\_\_\_ address \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip code

**To make your own health care choices, go to Part 2 on Page 6.  
 If you are done, you must sign this form on Page 11.  
 If you chose a medical decision maker, have them sign on Page 13.**

# Part 2

## Make your own health care choices

### What Matters Most in Life: Quality of life differs for each person.

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

- They have to be kept alive on machines and are suffering
- They are too sick to talk to their family and friends

For other people, the main goal is to focus on quality of life and being comfortable.

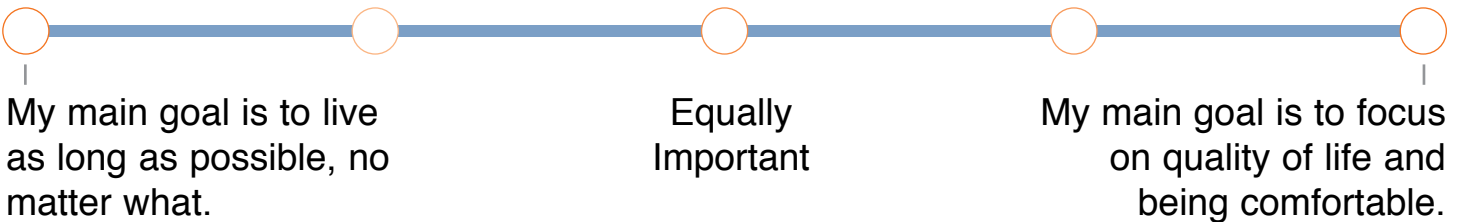
- These people would prefer a natural death, and not be kept alive on machines

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

Your goals may differ today in your current health than at the end of life.

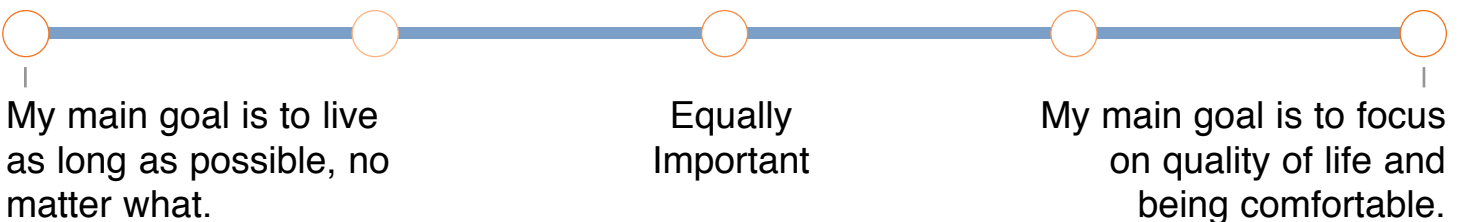
#### TODAY, IN YOUR CURRENT HEALTH

Put an X along this line to show how you feel today, in your current health.



#### AT THE END OF LIFE

Put an X along this line to show how you would feel if you were so sick that you may die soon.



If you want to write down why you feel this way, go to Page 10.

# What Matters Most in Life: Quality of life differs for each person. What is important to you?

**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.

**At the end of life,** which of these things would be very hard on your quality of life?

**Check the things below** that would make you want to focus on comfort rather than trying to live as long as possible.

- Being in a coma and not able to wake up or talk to my family and friends
  - Not being able to live without being hooked up to machines
  - Not being able to think for myself, such as dementia
  - Not being able to feed, bathe, or take care of myself
  - Not being able to live on my own
  - Having constant, severe pain or discomfort
  - Something else \_\_\_\_\_
- OR,** I am willing to live through all of these things for a chance of living longer.



**Is religion or spirituality important to you?**  Yes  No

If you have one, what is your religion? \_\_\_\_\_

What should your medical providers and medical decision maker know about your religious or spiritual beliefs?

\_\_\_\_\_  
\_\_\_\_\_

**If you are dying, where do you want to be?**

- at home
- in the hospital
- either

**If you want to write down more about why you feel this way, go to Page 10.**

## 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.

Please **read this whole page** before making a choice.

**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.

Life support treatment can be CPR, a breathing machine, feeding tubes, dialysis, or transfusions.



Check the **one** choice you most agree with.

If you were so sick that you may die soon, what would you prefer?

- 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.
- 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.
- I **do not want life support treatments**, and I want to focus on being comfortable. I prefer to have a **natural death**.

What else should your medical providers and decision maker know about this choice? Or, why did you choose this option?

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If you want to write down more about why you feel this way, go to Page 10.



## Your decision maker may be asked about organ donation and autopsy after you die. Please tell us your wishes.

### ORGAN DONATION

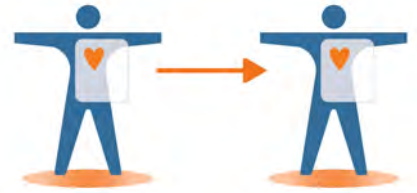
Some people decide to donate their organs or body parts. What do you prefer?

- I **want** to donate my organs or body parts.

Which organ or body part do you want to donate?

- Any organ or body part  
 Only \_\_\_\_\_

- I **do not** want to donate my organs or body parts.



What else should your medical providers and medical decision maker know about donating your organs or body parts?

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### AUTOPSY

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

- I **want** an autopsy.  
 I **do not** want an autopsy.  
 I **only** want an autopsy if there are questions about my death.



### FUNERAL OR BURIAL WISHES

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?

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If you want to write down more about why you feel this way, go to Page 10.

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

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**If you named a medical decision maker on this form: How strictly do you want them to follow your wishes if you are not able to speak for yourself?**

Flexibility allows your decision maker to change your prior decisions if doctors think something else is better for you at that time.

Put an X next to the **one** sentence you most agree with.

- 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.
- 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:  

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- 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.

# Part 3

## Sign the form



### Before this form can be used, you must:

- sign this form if you are 18 years of age or older
- have two witnesses who can watch you sign this form
- if you chose a medical decision maker, make sure they sign on Page 13

### Sign your name and write the date.

\_\_\_\_\_

sign your name

\_\_\_\_\_

today's date

\_\_\_\_\_

print your first name

\_\_\_\_\_

print your last name

\_\_\_\_\_

date of birth

\_\_\_\_\_

address

\_\_\_\_\_

city

\_\_\_\_\_

state

\_\_\_\_\_

zip code

## Witnesses

### Before this form can be used, you must have 2 witnesses sign the form.

#### Your witnesses must:

- be 18 years of age or older
- see you sign the form

#### Your witnesses cannot:

- be your medical decision maker
- be your health care provider
- work for your health care provider
- work at the place that you live
- work at your life or health insurance company
- be your spouse, parent, child, grandchild, or sibling
- benefit financially (get any money or property) after you die



**Witnesses need to sign their names on Page 12.**

**Your medical decision maker must sign on Page 13 and agree to be your medical decision maker.**

Have your witnesses sign their names and write the date.

By signing, I promise that \_\_\_\_\_ signed this form while I watched. (the person named on Page 11)

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

I also promise that:

- I am 18 years of age or older
- I am not their medical decision maker
- I am not their health care provider
- I do not work for their health care provider
- I do not work where they live
- I do not work at their life or health insurance company
- I am not their spouse, parent, child, grandchild, or sibling
- I will not benefit financially (get any money or property) after they die



Witness #1

\_\_\_\_\_ sign your name \_\_\_\_\_ date

\_\_\_\_\_ print your first name \_\_\_\_\_ print your last name

\_\_\_\_\_ address \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip code

Witness #2

\_\_\_\_\_ sign your name \_\_\_\_\_ date

\_\_\_\_\_ print your first name \_\_\_\_\_ print your last name

\_\_\_\_\_ address \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip code

**Ask your medical decision maker to sign.**

Your medical decision maker must read and sign this form. If you wrote down a second person to make your medical decisions on Page 5, have them sign too.



**As the medical decision maker (patient advocate):**

- You should always make decisions that the patient (the person who signed this form) would have wanted, not what others want.
- You can only start making decisions for the patient if 2 doctors decide they are unable to make their own decisions.
- You can only make decisions the patient would have had the power to make on their own.
- You can decide to stop or not start treatments and allow the patient to die naturally if they have made it clear that you can make that decision.
- But, if the patient is pregnant, you will not be able to stop life support if it would cause the patient to die.
- You can make decisions about organ donation after the patient dies. You must follow their wishes for organ donation on this form.
- You cannot be paid for your time to be a medical decision maker.
- You should help to protect the patient’s rights.
- The patient can remove you as medical decision maker whenever they want.
- You can remove yourself as medical decision maker whenever you want.

Signing here means I read and understand what it means to be a medical decision maker and agree to be one for \_\_\_\_\_  
(patient's name)

\_\_\_\_\_  
medical decision maker signature

\_\_\_\_\_  
date

\_\_\_\_\_  
second medical decision maker signature

\_\_\_\_\_  
date

**You are now done with this form.**

**Share this form with your family, friends, and medical providers. Talk with them about your medical wishes. To learn more go to [www.prepareforyourcare.org](http://www.prepareforyourcare.org).**