



WHO'S YOUR PERSON? WHAT'S YOUR PLAN?

WHAT IS AN ADVANCE DIRECTIVE?

An advance directive is a legal document that appoints your **health care agent** and can include your **treatment directive**. Advance directives are the best way to document your preferences for medical care, in case you cannot speak for yourself.

HEALTH CARE AGENT

Also called the **health care proxy** or **durable power of attorney for health care**, your agent is the person you trust to make medical decisions for you if needed.

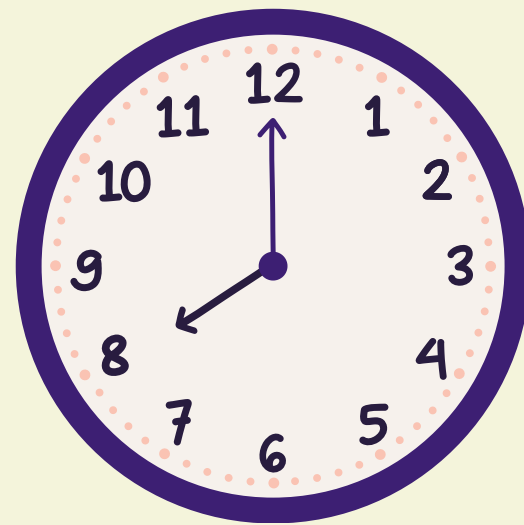


TREATMENT DIRECTIVE

After you choose your agent, describe your medical preferences and limitations. **What would you want your doctors to know about you if they could not speak to you?**

DON'T WAIT

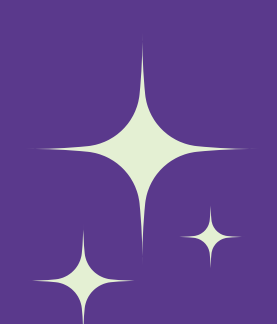
Starting conversations about medical emergencies can be intimidating, but making a plan saves time and avoids confusion in an emergency.



KEEP IT CURRENT

If you have a directive and your wishes or circumstances change, review your document to make sure it's still accurate. To make changes, complete a new advance directive.

WHO NEEDS AN ADVANCE DIRECTIVE?



All adults who are capable of making their own decisions can complete an advance directive. This means anyone who is 18 or older and not under legal guardianship should create an advance directive to document their health care preferences.

ASK QUESTIONS BEFORE CRISIS

Even if you don't complete an advance directive, talk to your friends and loved ones about what matters to you in an emergency. **What matters most to you? What are your limits?**



SHARING IS CARING

Sharing your advance directive with friends and family will give them peace of mind to advocate for your care.

Visit www.vtethicsnetwork.org or call 1-802-828-2909 for advance directive forms and resources

