

## WHAT IS AN ADVANCE DIRECTIVE?

Advance Directive – a written document that tells your doctor and your family members what kind of care you would like to have if you become unable to make medical decisions.

An advance directive can be a:

Directive – a written instruction from you to either give, not give or withdraw life-sustaining treatment if you have a terminal or irreversible condition.

Medical Power of Attorney – designates someone else (your spouse, family member, or friend) to make health care decisions for you if you lose the ability to decide for yourself.

Out of Hospital Do Not Resuscitate Order – a written instruction from you directing health care professionals in an out of hospital setting not to begin or continue with certain life-sustaining treatment.

Making decisions in advance about what treatments you would or would not want in certain difficult times can make it easier on you and your family.

An advance directive to stop (or never start) life support goes into effect only if you have a terminal illness and lose decision-making capacity.

After you have made an advance directive, you can change it or cancel it at any time.

If you make or change an advance directive, you should give your physician and the health care facility a copy so your wishes will be respected.

The form must be signed in front of two or more persons (witnesses) over the age of 18. One of the witnesses may not be:

1. Your spouse or a family member;
2. The person you chose to make decisions for you;
3. Your doctor or an employee of the clinic;
4. Anyone who may be named in your will or deed; or
5. Creditors or persons who have a claim against you.

You may request additional information and seek assistance from your attorney or your pastor. You should discuss your concerns or issues with these professionals and your family. Your physician may be able to answer your questions regarding the meaning of certain treatments which may be life-sustaining or life-prolonging.

You may also get copies of advance directive forms from your hospital, by copying them at a library, or you may buy them from a book store or an office supply store.

If you would like more information about preparing an advance directive, you may call the Texas State Attorney General's office at 1-512-834-6740.

**Please be sure you answer the question on the consent form asking whether you have an advance directive, and if you do have one, please provide a copy to your doctor or clinic.**

## ¿Qué es La Directiva Anticipada?

La Directiva Anticipada – un documento escrito donde usted puede aclarar sus deseos perteneciente al tratamiento médico si se presenta el caso que usted no puede hacer decisiones médicas.

Tipos de directivas anticipadas:

La Directiva Anticipada – un documento escrito, también referido como “el testamento vivo,” que permite dejar instrucciones para detener o retirar el tratamiento de sustenamiento de vida si se encuentra con una enfermedad terminal.

Poder Legal Para Salubridad - un documento, firmado por un adulto competente, designando a alguien en quién confía como el agente que hará las decisiones en caso que el paciente no puede hacer las decisiones por si mismo.

Fuera de Hospital/Orden de No Resucitar – instrucción escrita donde usted instruye a proveedores de salud, en sitio fuera del hospital, a no usar métodos artificiales para sustentación de la vida.

Esta información les ayudará a usted y a su familia para hacer decisiones informadas por anticipada sobre tratamientos apropiados.

La directiva anticipada, donde el uso de medios para detener o retirar el tratamiento de sustenamiento de vida, entrará en vigor en caso de encontrarse incapacitado para tomar decisiones para el cuidado de su salud por si mismo.

Después de ejecutar una directiva anticipada, usted puede efectuar cambios o revocar tal directiva.

Usted debe indicar cuáles personas e instituciones tienen copias de la directiva firmada asegurando sus deseos y decisiones.

Este formulario no es válido a menos que se firme en presencia de dos testigos mayores de 18 años. Una de personas siguientes no pueden estar: