

Checklist: Questions to Ask Yourself

- I. **Thinking about your Health Care Wishes**
 - A. Why am I writing an advance directive?
 - B. What are my treatment wishes?
 1. in situations near the end of life?
 2. in situations of serious injury or illness?

- II. **Talking with Others**
 - A. Physicians and other health care professionals
 1. do I understand the medical terminology?
 2. do they understand my wishes?
 - B. My friends, family and others
 1. have I directly and thoroughly discussed my wishes with them?
 2. do they understand my wishes?

- III. **Selecting a Health Care Representative**
 - A. Am I confident that my designated representative understands my personal values and health care wishes?
 - B. Does my health care representative understand his or her responsibilities?
 - C. Has he or she clearly agreed to serve as my representative and to communicate my wishes to my doctor and others concerned with my care?
 - D. Have I selected an alternative health-care representative?

- IV. **My instructions.** Have I clearly stated my instructions and included other relevant information about my treatment wishes regarding:
 - A. the provision, withholding or withdrawal of specific treatments?
 - B. artificially provided fluids and nutrition?
 - C. the medical conditions in which I want my wishes implemented?
 - D. special considerations I may have concerning my care and treatment?

- V. **Witnesses.** Have I had my directive properly witnessed?

- VI. **Distribution of my Advance Directive.** Have I given a copy of my directive to those who should have one, such as:
 - A. my health care representative?
 - B. my physician or other health care provider?
 - C. the hospital or nursing home which I am about to enter?
 - D. family members, friends, alternate representatives and my religious advisor?

- VII. **Periodic Review.** Have I made a note to review my directive on a regular basis in the future?

- VIII. **Wallet Card.** Have I completed the wallet size card below which tells others I have an advance directive and who to contact for further information?