



1500001

PLACE LABEL HERE.

IF LABEL NOT AVAILABLE. WRITE IN PT NAME & MR#

VIRGINIA ADVANCE DIRECTIVE FOR HEALTH CARE APPOINTMENT OF AN AGENT ONLY

I, _____ willingly and voluntarily make known my wishes in the event that I am incapable of making an informed decision about my health care, as follows:

Section 1: APPOINTMENT OF AN AGENT FOR HEALTH CARE DECISIONS

I hereby appoint the following as my primary agent to make health care decisions on my behalf as authorized in this document: *(please print)*

Primary agent name _____ Day/cell phone _____
Address _____ Evening phone _____
Email _____ Relationship to patient _____

If my primary agent is not reasonably available or is unable or unwilling to make health care decisions for me, I appoint the following person as my substitute agent:

Substitute agent _____ Day/cell phone _____
Address _____ Evening phone _____
Email _____ Relationship to patient _____

I grant to my agent full authority to make health care decisions on my behalf as described below. My agent shall have this authority whenever and for as long as I have been determined to be incapable of making an informed decision.

In making health care decisions on my behalf, I want my agent to follow my desires and preferences as stated in this document or as otherwise known to him or her. If my agent cannot determine what health care choice I would have made on my own behalf, then I want my agent to make a choice for me based upon what he or she believes to be in my best interests.

1A. POWERS OF MY AGENT

*(If you appointed an agent above, you may give him/her the powers suggested below. You may cross through and initial any powers listed below that you **do not want to give your agent.**)* The powers of my agent shall include the following:

1. To consent to or refuse or withdraw consent to any type of health care, including, but not limited to, artificial respiration (breathing machine), artificially administered nutrition (tube feeding) and hydration (IV fluids), and cardiopulmonary resuscitation (CPR). This authorization specifically includes the power to consent to dosages of pain-relieving medication in excess of recommended dosages in an amount sufficient to relieve pain. This applies even if this medication carries the risk of addiction or of inadvertently hastening my death.
2. To request, receive and review any oral or written information regarding my physical or mental health, including but not limited to medical and hospital records, and to consent to the disclosure of this information as necessary to carry out my directions as stated in this advance directive.
3. To employ and discharge my health care providers.
4. To authorize my admission, transfer, or discharge to or from a hospital, hospice, nursing home, assisted living facility or other medical care facility.
5. To authorize my admission to a health care facility for treatment of mental illness as permitted by law. (If I have other instructions for my agent regarding treatment for mental illness, they are stated in a supplemental document.)
6. To continue to serve as my agent if I object to the agent's authority after I have been determined to be incapable of making an informed decision.



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- 7. To authorize my participation in any health care study approved by an institutional review board or research review committee according to applicable federal or state law if the study offers the prospect of direct therapeutic benefit to me.
8. To authorize my participation in any health care study approved by an institutional review board or research review committee according to applicable federal or state law that aims to increase scientific understanding of any condition that I may have or otherwise to promote human well-being, even though it offers no prospect of direct benefit to me.
9. To make decisions regarding visitation during any time that I am admitted to any health care facility, as noted on Page 2.
10. To take any lawful actions that may be necessary to carry out these decisions, including the granting of releases of liability to medical providers.

HEALTH CARE FACILITY VISITATION: Anytime I am admitted to any Health care facility I DO/DO NOT (CIRCLE ONE) want my health care agent to make decision regarding visitation consistent with the following directions:

If no directions are given and you circle "DO", your health care agent will have authority to decide who does and who does not visit you. If you circle "DO NOT" or skip this section completely, your health care agent will not have authority to restrict visitors. All visitation must comply with policy.

SECTION 2: MY HEALTH CARE INSTRUCTIONS

You may use this section to direct your health care even if you do not have an agent. If you choose not to provide written instructions, decisions will be based on your values and wishes, if known, and otherwise on your best interests. If you are, or may become pregnant, you may wish to provide specific instructions related to health care decisions during your pregnancy. If you are an eye, organ or tissue donor, your instructions will be applied so as to ensure the medical suitability of your organs, eyes and tissue for donation. You may write statements and instructions about treatments you do want, if medically appropriate, or about treatments you do not want under specific circumstances or any circumstances. If you have other instruction documents, please attach to this form or note the location.

I provide the following instructions concerning my health care and/or anatomical gifts:

SECTION 3: AFFIRMATION / RIGHT TO REVOKE / SIGNATURE

By signing below, I state that I am emotionally and mentally capable of making this advance directive. I understand the purpose and effect of this document. I understand that I may revoke or change all or any part of this document at any time: (i) with a signed, dated document; (ii) by physical cancellation or destruction of this advance directive by myself or by directing someone else to destroy it in my presence; or (iii) by my oral expression of intent to revoke to my attending physician.

My Signature: Declarant Date

I have seen this person sign the advance directive form in my presence: (Witnesses must be adults - 18 years or older)

Witness Printed Name Signature

Witness Printed Name Signature

This form satisfies the requirements of Virginia's Health Care Decisions Act and was adapted from the Virginia Hospital and Healthcare Association form, July 2015

INTERPRETER ATTESTATION: Interpretation has been provided by:

Signature of Interpreter/Cyacom ID# Printed Name Date Time

Talking About Your Health Care Choices

Planning for future medical care

You, as an adult (18 years and older), have the legal right to make choices about medical care in case you become too sick or injured to speak for yourself. Providing instructions helps lift some of the burden of decision making from your loved ones. You may designate the person of your choice to be your agent.

What is Advance Care Planning?

Advance care planning is a process to make and write down decisions about future medical care. It includes:

- **Understanding** your current health, the choices you may make about treatment options.
- **Thinking about** what is important to you and gives your life meaning; balancing quality of life with medical care (the benefits and burdens of your choices); people you trust to speak for you if you cannot speak for yourself.
- **Choosing an Agent** (makes health care decisions for you if you cannot speak for yourself). Consider:
 - Is the best person to make decisions that honor MY wishes?
 - Is the person willing and able to be a strong voice for me?
- **Talking** with your Agent, family, and health care team to clarify your choices (if you say, “no heroics” or “do everything” – what does that mean?).
- **Put your decisions in writing.** Be sure your Advance Directive is on file with all your doctors and hospitals so it is readily available. Carry the wallet card, below, stating where your form is located.

What is an Advance Directive?

An Advance Directive is a legal document that explains your decisions about future medical care.

- You make decisions for yourself when possible. If two physicians (or a physician and licensed psychologist determine that you are incapable of making health decisions we ask your agent(s).
- To be legal you must sign and date it, and have two adults sign it showing they witnessed your signature.
- You may also wish to reference or attach other documents such as a letter to your family or a “values history”.
- Every year, or if your health changes, review your Advance Directive to see if it still matches your goals and if any information needs to change (for instance the agent’s name or contact information).
- If you do not have an Advance Directive, Virginia authorizes decision makers in this order: guardian, spouse (except when divorce has been filed), adult children, parent(s), adult brothers/sisters, or others (after discussion with the health care team).

What choices do I have about treatment?

- You have the right to refuse or accept treatment. Advance Directives can apply in various care situations where you cannot make decisions for yourself.
- Generally, Advance Directives are used if death is imminent (very close) or your condition makes you unaware of yourself or your surroundings so you are unable to interact with others. In either case, medical treatment would not help you recover.
- You can provide specific instructions for treatment you would want, if medically appropriate, or not want. You may also suggest a time period to try treatment to see if there is any improvement. In any case, you will receive treatment to relieve pain and make you comfortable.
- Treatment choices may include tube feeding, IV fluids, cardiopulmonary resuscitation (CPR), ventilator/respirator (breathing machine), kidney dialysis or antibiotics.

Talking About Your Health Care Choices *continued*

What other choices can I make?

If you name an agent, you give them powers to make decisions about treatment, health care providers and facilities and participation in research. Read the powers carefully. This form allows you to choose specific powers for your agent and provide instructions including:

- You can give direction about whom you would want to visit or not visit if you are in a health care facility.
- You can authorize your agent to make decisions even if you protest.
- If you are pregnant, you can give instructions about life-prolonging treatments.
- You can give detailed mental health treatment instructions.
- You can record your decisions to donate your organs, eyes, tissues, or wholebody.

Are there other Advance Directive forms?

- In Virginia, there are Durable Do Not Resuscitate Order (DDNR) and Physician Orders for Scope of Treatment (POST) forms.
 - These are for people of any age who are seriously ill or frail. They are available from your doctor. Both you and your doctor sign them. Your agent does not have authority to change orders in a DDNR form signed by you.
- There are also forms that ask questions about your values from organizations like Aging with Dignity (“Five Wishes”), visit: www.fivewishesonline.agingwithdignity.org/
- Virginia also offers forms that include detailed instructions for mental health care, pregnancy and other wishes, visit: www.virginiaadvancedirectives.org
- When in the hospital your health care team will talk to you (or your agents) about your goals and will review an advance directive (if available). Medical orders will be written to carry out the plan.

How can I learn more?

- Every hospital and many organizations offer information on their website and individuals who will talk to you about Advance Care Planning.
- For an overview about Advance Directives in Virginia, visit: www.virginiaadvancedirectives.org
- For more information about organ, tissue, eye donation, or to register, visit: www.donatelifevirginia.org
- For more information about Durable Do Not Resuscitate Orders call the Virginia Office of EMS at 804-888-9149 or visit the VDH website.
- For Advance Care Planning information and forms from each state, visit: www.caringinfo.org
- The Conversation Project has tools to help you talk about your wishes, visit: www.theconversationproject.org

***CUT OUT AND FOLD WITH THIS SIDE OUT. CARRY THIS CARD IN YOUR WALLET.
ADD COMMENTS OR DETAILS ON OTHER SIDE.***

<p>NOTICE TO HEALTH CARE PROVIDERS</p> <p>I, _____, <i>(Print full name)</i></p> <p>have an Advance Directive.</p> <p>I have named the following as my Agent for Health Care Decisions:</p> <p>1st Agent: _____</p> <p>Phone: _____</p> <p>2nd Agent: _____</p> <p>Phone: _____</p>	<p>A copy of this document is on file with: <i>(Name/Address of Hospital, Registry or Person)</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>My doctor’s name and phone number:</p> <p>_____</p> <p>_____</p>
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