

# **Advance Care Planning**

# **MAKE THE DECISION YOURS . . .**

*You have the right to make decisions now regarding your own health care in the future.*

## **What is Advance Care Planning?**

Advance Care Planning is a process for helping you understand possible future health care choices. Reflect on your own values and goals and discuss your choices with those persons closest to you. You may also put your wishes in writing in case you become unable to make your own decisions in the future.

**YOUR** healthcare and end of life decisions may be the most important choices facing you in the future. People are better prepared to make difficult end-of-life decisions if they understand their overall healthcare status. Ask questions of your physician(s) about your health.

**YOU** should decide about the kind of care you want while you are able to make your own decisions.

**THINK** about what you would want done for you.

**TALK** with your family and friends about your health care and end-of-life decision making. Advance care planning is all about making choices for yourself and communicating with family and friends about end-of-life care.

**ACT** Complete the attached forms and share with your family, physician, health care agent and attorney.

## **Nine issues to discuss with your family and friends**

1. Beliefs
2. Health conditions
3. Life sustaining treatments
4. Vision of dying and death
5. Organ and tissue donation desired
6. Funeral arrangements
7. Documentation of wishes
8. Advance Directives and your treatment choices
9. Spokesperson(s)/agent(s) you have chosen

When decisions have to be made for your health care in the future, prior conversations will help to convey your attitudes and values so your agents will know what treatment decisions they should make.

## **Frequently Asked Questions**

### **What is a durable power of attorney for healthcare?**

The Durable Power of Attorney for Healthcare (DPOA-HC) is a document allowing you to name a healthcare agent to make healthcare decisions for you only when you cannot make decisions for yourself. Your healthcare agent may consult with your caregivers and decide on a plan for your care. Your agent must tell caregivers what you would and would not choose as certain treatments.

### **Who is a healthcare agent?**

The healthcare agent can be a family member or friend, a person you trust who knows your religious and other values and who is willing to make healthcare choices for you. Make sure your healthcare agent knows how you feel about quality-of-life choices, hospitalization, hospice, experimental treatments or life sustaining treatments. Your healthcare agent must follow your wishes. Your care-givers must respect the choices your healthcare agent makes for you.

### **How is the healthcare power of attorney different from a regular power of attorney?**

The healthcare power of attorney covers ONLY healthcare. The regular Power of Attorney covers financial matters and property decisions. You may choose the same agent for all your affairs, but it is important to use a separate document/directive for healthcare because your doctor, hospital and others will need copies.

### **How do I start the discussion about end-of-life and advance directives?**

Talking about these issues may not be easy; there may be resistance, even denial. Many people are uncomfortable talking about living at the end-of-life. Start the conversation by telling your loved ones this is important to you. Eventually we are all going to die. You have been thinking about the kinds of treatment you would want and want to share your thoughts with them. If loved ones have to make decisions for you it may be difficult, but discussing your choices now can help them.



We thank Kansas Health Ethics, Inc. (now closed) for their efforts in the development of this and other documents. For more information about obtaining copies of this document contact

Wichita Medical Research & Education Foundation  
316-686-7172

or

tcarter@wichitamedicalresearch.org  
www.wichitamedicalresearch.org

The mission of WMREF is to promote research, education and community efforts designed to improve the health of Kansans.



# DURABLE POWER OF ATTORNEY FOR HEALTHCARE DECISIONS

## DECISION TO NAME SOMEONE TO SPEAK FOR ME

I, (your name) \_\_\_\_\_ (date of birth) \_\_\_\_\_, appoint the following person(s) to make healthcare decisions for me when I am unable to make or communicate my own wishes:

Agent may not be the treating healthcare provider, an employee of the treating healthcare provider, or an employee, owner, director or officer of a facility, unless that person is a relative or is bound to you by common vows to a religious life.

### PLEASE PRINT:

Name of Agent: \_\_\_\_\_ Telephone \_\_\_\_\_ Telephone \_\_\_\_\_

Agent's address: \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Name of First Alternate Agent: \_\_\_\_\_ Telephone \_\_\_\_\_ Telephone \_\_\_\_\_

Agent's address: \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Name of Second Alternate Agent: \_\_\_\_\_ Telephone \_\_\_\_\_ Telephone \_\_\_\_\_

Agent's address: \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

This power of attorney for healthcare decisions shall become effective when I am unable to make decisions or unable to communicate my wishes regarding healthcare. This power of attorney for healthcare decisions shall not be affected by my subsequent disability or incapacity. Any durable power of attorney for healthcare decisions I have previously made is hereby revoked.

### AUTHORITY GRANTED

#### My healthcare agent may:

1. Consent, refuse consent, or withdraw consent to any care, treatment, service or procedure to maintain, diagnose or treat a physical or mental condition;
2. Make all arrangements for me at any hospital, treatment facility, hospice, nursing home or similar institution;
3. Employ or discharge healthcare personnel including physicians, psychiatrists, dentists, nurses, therapists or other persons who provide treatment for me;
4. Request, receive and review any information, spoken or written, regarding my personal affairs or physical or mental health including medical and hospital records, and execute any releases or other documents that may be required in order to obtain such information; and
5. Make decisions about organ and tissue donations, autopsy and the disposition of my body.

#### My agent shall authorize consent for the following special instructions:

- I wish to be a donor for organs and tissues.  
 I have attached information about treatment choices I wish to have honored by my agent. \_\_\_ page(s) attached.

### LIMITATIONS ON AUTHORITY GRANTED

#### My healthcare agent may not:

1. Exceed the powers set out in writing in this document; or
2. Revoke any existing Living Will Declaration I may have.

X \_\_\_\_\_ signature \_\_\_\_\_ date \_\_\_\_\_

### Notary Public:

STATE OF \_\_\_\_\_ COUNTY OF \_\_\_\_\_

This instrument was acknowledged before me this \_\_\_\_\_ day of \_\_\_\_\_ (month, year)

Signature of Notary \_\_\_\_\_

### Notary Seal:

**or**

### Witnesses: (witnesses may not be the agent or a relative, or beneficiary of the principal)

X \_\_\_\_\_  
(Signature)

Date: \_\_\_\_\_

X \_\_\_\_\_  
(Signature)

Date: \_\_\_\_\_



This document is based on Kansas Statutes Annotated, (58-625 through 632). Additional forms and information are available through

**Wichita Medical Research & Education Foundation**  
3306 E. Central, Wichita, KS 67208  
316-686-7172

[www.wichitamedicalresearch.org](http://www.wichitamedicalresearch.org)

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# LIVING WILL DECLARATION

## Kansas Natural Death Act

I, \_\_\_\_\_, being of sound mind, willfully and voluntarily making known my desire that my dying shall not be artificially prolonged under the circumstances set forth below, do hereby declare:

If at any time I should have an incurable injury, disease, or illness certified to be a terminal condition by two physicians who have personally examined me, one of whom shall be my attending physician, and the physicians have determined that my death will occur whether or not life-sustaining procedures are utilized and where the application of life-sustaining procedures would serve only to artificially prolong the dying process, I direct that such procedures be withheld or

withdrawn and that I be permitted to die naturally with only the administration of medication or the performance of any medical procedure deemed necessary to provide me with comfort care.

In the absence of my ability to give directions regarding the use of such life-sustaining procedures, it is my intention that this declaration shall be honored by my family and physician(s) as the final expression of my legal right to refuse medical or surgical treatment and accept the consequences from such refusal.

I understand the full import of this declaration and I am emotionally and mentally competent to make this decision. Any Living Will declaration I have previously made is hereby revoked.

Declarations made this \_\_\_\_\_ (day) of \_\_\_\_\_ (month, year)

**Signature:**

X \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Address:** \_\_\_\_\_ street \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

This document must be witnessed by two individuals *or* acknowledged by a notary public.

**Notary Public:**

Notary Seal:

STATE OF \_\_\_\_\_ COUNTY OF \_\_\_\_\_

This instrument was acknowledged before me this \_\_\_\_\_ day of \_\_\_\_\_ (month, year)

Signature of Notary \_\_\_\_\_

**or**

**Witnesses:**

The declarant has been personally known to me and I believe the declarant to be of sound mind. I did not sign the declarant's signature above for or at the direction of the declarant. I am not related to the declarant by blood or marriage, entitled to any portion of the estate of the declarant according to the laws of intestate succession or under any will of declarant or codicil thereto, or directly responsible for declarant's medical care.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_



This document is based on Kansas Statute 65-28,101 et seq. as amended  
Additional forms and information are available through

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## **Organ and Tissue Donation**

Share your decision with your family regarding your wishes about donation of organs or tissue.

Signing your driver's license and/or a donor card is an additional way to express your opinion.

At the time of your death, your family will be asked about donation.

Be sure your legal next of kin/family knows if you want to be a donor.

Transplantation is often the only hope for thousands of people suffering from organ failure or in need of corneas, skin, bone or other tissue.

For more information, contact: Midwest Transplant Network, 1035 N. Emporia, Ste 100, Wichita, KS 67214, (316) 262-6225

## **TREATMENT DIRECTIVE**

Some persons wish to put their directives (wishes) in writing so their family and friends know what they want done. This is an additional attachment to your legal documents.

The following lines are for you to write your own treatment wishes down.

Please date and attach to your Durable Power of Attorney for Healthcare Decisions.

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### **Notary Public:**

STATE OF \_\_\_\_\_

COUNTY OF \_\_\_\_\_

This instrument was acknowledged before me

this \_\_\_\_\_ day of \_\_\_\_\_ (month, year)

Signature of Notary: \_\_\_\_\_

**or**

**Witnesses: (witnesses may not be the agent or a relative, or beneficiary of the principal)**

X \_\_\_\_\_  
(Signature)

Date: \_\_\_\_\_

X \_\_\_\_\_  
(Signature)

Date: \_\_\_\_\_

## **The forms included in this brochure are legal documents.**

The forms included in this brochure are legal documents. You do not need an attorney to complete the documents but many persons do this with an attorney when they complete their will or trusts. Contact Wichita Medical Research & Education Foundation at (316) 686-7172 if you have questions and would like assistance with the documents in this brochure.

### **After completing the documents: Durable Power of Attorney for Healthcare or Living Will:**

When you sign the documents, make sure they are witnessed OR notarized. If you sign an advance directive, make at least five copies of your document and give them to your healthcare agent(s), your doctor(s), your lawyer, your spiritual leader or anyone else who may be involved with your healthcare. Make sure your agent, family, and friends know where your documents are kept. Please keep your originals in a safe place and one copy where it is easy to find and make more copies if needed. It is your job – not your doctor's – to have a copy ready when it is needed.

Take a copy with you when you go into a hospital, nursing home, hospice or other care facility. Wichita Medical Research does not keep a copy of your documents on file.

A copy of the legal documents has the same effect as the original.

### **These forms have been reviewed by:**

**The Medical Society of Sedgwick County  
Kansas State Nurses Association, District Six**

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*Use this space to list people you have given copies to:*

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_