



Advance Directive

In life, we plan for many things. When we are preparing for the future, we think about our beliefs, values, and what is most important to us. Then we make decisions. The thought process is the same when planning advance directives.

What is an advance directive?

An advance directive is a formal, written plan that lets others know your future choices for healthcare and end-of-life care.

Developing an advance directive provides an opportunity to learn about the healthcare choices you have, decide what you want and don't want, make a formal plan, and share it with your loved ones and healthcare team.

Why is an advance directive important?

Your advance directive states your choices for healthcare and end-of-life care in writing exactly the way you want them.

This supports your loved ones and saves them from feeling unsure about making healthcare choices for you. Most importantly, it ensures your wishes will be followed, even if you cannot speak for yourself.



Questions? Email us at support@go2.org or call our HelpLine at 1-800-298-2436.

What is included in an advance directive?

An advance directive is a legal record or form that describes your future healthcare decisions. It includes your choices for:

- **Medical or Healthcare Power of Attorney**

This is a person you choose to make healthcare choices for you if you are not able to make them for yourself. If a decision needs to be made that is not listed in your advance directive, this person will make it. Be sure to choose someone you trust who knows your wishes.

- **Living Will**

This is a list of the treatments you want and don't want when end-of-life is near. It may include your choices about medicines, treatments for pain, a tube for breathing, or donating organs.

- **Do Not Resuscitate (DNR) and Do Not Intubate (DNI)**

DNR and DNI tell your healthcare team your choices about getting help with breathing or restarting the heart if end-of-life is near. A member of your healthcare team can provide the forms for you to complete. The completed form is kept in your medical chart. Ask your doctor or member of your healthcare team to explain how this applies to your care.

Each state has its own rules for creating an advance directive. Be sure to follow the rules for your state. CaringInfo.org offers free advance directive forms for each state. Other resources that can help with planning an advance directive can be found at Cancer.org and MayoClinic.org.

Learn about the choices you have.

Decide what is important to you.

Plan for your future healthcare and end-of-life care.

Share your wishes with loved ones and your healthcare team.



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