

## Ask your doctor about...

### Out-of-Hospital Do-Not-Resuscitate (DNR) Order

#### What is it?

A medical order by a doctor that allows patients to refuse specific life-sustaining treatments outside the hospital.

#### Why do I need one?

An **Out-of-Hospital DNR** form or ID will tell health care providers *not* to use CPR and other life-sustaining techniques. If you do not have an **Out-of-Hospital DNR Order**, health care providers may do everything medically possible to revive you.

#### What do I do?

- Ask your doctor for the **Out-of-Hospital DNR Order**.
- Complete the form. *Keep your original form.*
- Talk with family, clergy and/or friends.
- You can also notify health care providers of your decision by wearing an approved ID necklace or bracelet.

#### Points to remember

- Anyone can use an **Out-of-Hospital DNR Order**.
- To show that you have an **Out-of-Hospital DNR Order**, you must have your original form or a copy of the completed form with you or wear an approved ID necklace or bracelet.
- The **Out-of-Hospital DNR Order** pertains to health care decisions—not to financial matters.

## What you can do...

### Medical Power of Attorney

#### What is it?

A form that allows you to appoint someone to make health care decisions for you if you are no longer able to make them for yourself.

#### Why do I need one?

So that someone you choose can speak for you when you cannot. If you have not named someone, a guardian may be appointed for you by a court.

#### What do I do?

- Choose your **Medical Power of Attorney**. Discuss your health care requests with this person.
- Complete the form.

#### Points to remember

- You can change your **Medical Power of Attorney** at *any* time for *any* reason.
- Anyone 18 years or older can choose a **Medical Power of Attorney**. Don't wait until you're sick.
- The person you choose makes decisions for you *only* if you cannot make decisions for yourself.
- The **Medical Power of Attorney** pertains to health care decisions—not to financial matters.

### Advance Directive

*(Used when you have a terminal illness or irreversible condition)*

#### What is it?

A form that allows you to direct physicians to withhold or withdraw life-sustaining treatment.

An **Advance Directive** is used when you have an illness that is an irreversible or incurable condition.

#### Why do I need one?

An **Advance Directive** allows you to tell doctors and those close to you what you wish to be done should you need life-sustaining treatment. If you don't have an **Advance Directive**, doctors may use machines, such as respirators, to keep you alive.

#### What do I do?

- Decide for yourself what treatment you will and will not accept.
- Talk with family, clergy and/or friends.
- Complete the form.

#### Points to remember

- You can change your **Advance Directive** at *any* time for *any* reason.
- Anyone 18 years or older can fill out an **Advance Directive**. Don't wait until you're sick.
- An **Advance Directive** goes into effect *only* when you have a terminal or irreversible illness.
- The **Advance Directive** pertains to health care decisions—not to financial matters.

**This information pertains only to health care decisions—NOT to financial matters.  
Call your physician, health care provider or attorney for more information.**