



What is an Advance Directive?

- An Advance Directive is a legal document, which gives instructions to your doctor and other medical staff about the types of medical treatment you want if you become unable to make those decisions.
- An Advance Directive assists family and friends by giving them direction and relieving uncertainty or guilt surrounding medical treatment.
- The decisions you make are extremely personal, guided by your preferences, your beliefs and often your religious traditions.

Why is an Advance Directive Important?

- Completing an Advance Directive is important for everyone, in the event you become impaired. The decisions you make regarding Advance Directives are based on your individual preferences and beliefs, including religious beliefs, and are very personal.
- Having an Advance Directive can assist in resolving ethical dilemmas associated with medical treatment. These types of documents tell the people taking care of you the types of care that you want to receive in a situation when you cannot tell the providers what your wishes are.
- No one knows what may happen in the future. By making your wishes known through an advance directive, you can be assured that your instructions will be followed, if necessary.
- If you sign an Advance Directive and your wishes change, you can always update the documents to make sure they match your current decisions about your care.

There are 4 Types of Advanced Directives in New York

- ✓ NY State Health Care Proxy
- ✓ Living Will
- ✓ Do Not Resuscitate Order (DNR)
- ✓ MOLST



Types of Advance Directives:

1. Health Care Proxy

- If you are unable (even short term) to make health care decisions, someone else must decide for you. In New York State, only a Health Care Agent that you appoint has the legal authority to make medical decisions if you are unable to decide for yourself.
- A Health care agent/proxy must be over the age of 18 years old.
- Choosing one person as your Health Care Proxy helps to avoid confusion among family or friends for your doctor to honor your wishes.
- The Health Care Proxy supersedes all other Advance Directives in NY.
- Because the Health Care Proxy is so important, we are providing you with a copy of the New York State form. Please see attached. Your care manager will also talk with you about this form.

2. Living Will

- When you develop a Living Will, you leave detailed instructions about your medical treatment.
- You do not need to appoint someone to make medical decisions.
- In a Living Will, the instructions must clearly state the kinds of treatment you would not want to receive and the condition in which you would refuse such treatment. Unlike the health care proxy, no one can interpret the living will for you, so your instructions must be as clear as possible.
- There is no specific form used in New York. You can consult a lawyer to help with a Living Will. There are also forms available on line that you can consider using if you wish to have a Living Will.

3. Do Not Resuscitate (DNR)

- A DNR order tells the doctor and other staff not to perform Cardiopulmonary Resuscitation (CPR) on a patient if his/her breathing or heartbeat stops.
- It is a decision about **CPR alone and does not relate to any other treatment and is a doctor's order.**
- A DNR done in the hospital is NOT able to be used in the home.
- A Community DNR Must be issued by doctor and placed in an easy to see spot in the home. If you want to sign a DNR, you should talk to your doctor about this.



4. Medical Order for Life Sustaining Treatment (MOLST)

- A MOLST documents more information than the DNR order, and includes wishes including DNI (“Do Not Intubate”), DNR, and other wishes for your health care.
- It is HOT PINK Color and is honored by paramedics, hospitals, nursing homes, adult homes, hospices and other health care facilities and their staff.
- If you want to sign a MOLST document, you should talk to you doctor about this.

Your VillageCareMAX Care Manager Can Help with Your Advanced Directives

At VillageCareMAX, there are several ways that we can help you to establish your Advance Directives, and we can help communicate your wishes if you are unable to. Please talk to your care manager about this.

- ✓ If you have questions about any of the information in this enrollment kit, including the Health Care Proxy form, please discuss this with your care manager.
- ✓ If you have signed Advance Directives, please let your care manager know. We suggest that you give VillageCareMAX a copy of your signed Advance Directives. We can add the documents to your care management record. We can also make sure that your doctor has a copy, so he/she is also informed about the decisions you make regarding your care.
- ✓ If you have a health issue that makes it impossible for you to make decisions for yourself, we can be sure that your doctors, hospitals, and other providers receive a copy of your signed Advance Directives.

We encourage you to think about how you want to be cared for in the future, if you are not able to express your wishes. Having Advance Directives is an important step to be sure your wishes will be understood and followed.