

Minnesota Daim Ntawv Sau Tseg Ua Ntej Txog Kev Saib Xyuas Kev Noj Qab Haus Huv

Minnesota Advance Health Care Directive

Daim foos no cia koj hais txog qhov koj xav kom muab kev saib xyuas li cas rau koj yog tias koj tus kheej tsis muaj peev xwm hais tau lus lawm.

This form lets you have a say about how you want to be cared for if you cannot speak for yourself.

Daim foos no muaj 3 phaj: This form has 3 parts:



Phaj 1

Xaiv ib tug neeg txiav txim siab txog kev kho mob, phab ntawv 3

Part 1: Choose a medical decision maker, page 3

Ib tug neeg txiav txim siab txog kev kho mob yog ib tug neeg uas muaj peev xwm txiav txim siab txog kev saib xyuas kev noj qab haus huv rau koj yog tias koj tus kheej tsis muaj peev xwm txiav txim siab txog tej ntawd tau lawm.

A medical decision maker is a person who can make health care decisions for you if you are not able to make them yourself.

Tus neeg no yuav yog koj tus neeg pab tswv yim. This person will be your advocate.

Kuj raug hu ua ib tug neeg saib xyuas kev noj qab haus huv, tus neeg tam, los sis tus neeg sawv cev. They are also called a health care agent, proxy, or surrogate.

Phaj 2

Koj tus kheej qhov txiav txim siab txog tej kev xaiv saib xyuas kev noj qab haus, phab ntawv 7

Part 2: Make your own health care choices, page 7

Daim foos no qhia koj txog hom kev xaiv ntawm qhov kev saib xyuas kev noj qab haus huv uas koj xav tau. Txoj hau kev no, cov neeg uas saib xyuas rau koj yuav kwv yees tsis tau txog qhov uas koj xav tau yog tias koj tus kheej tsis muaj peev xwm qhia lawv tau lawm.

This form lets you choose the kind of health care you want. This way, those who care for you will not have to guess what you want if you are not able to tell them yourself.

Phaj 3

Kos npe rau daim foos, phab ntawv 13

Part 3: Sign the form, page 13

El formulario se debe firmar antes de que se pueda usar.

The form must be signed before it can be used.



Koj muaj peev xwm sau rau Phaj 1, Phaj 2, los sis tag nrho ob phaj. You can fill out Part 1, Part 2, or both.

Tsuas sau rau phaj uas koj xav sau xwb. Ib txwm kos npe rau daim foos uas nyob hauv

Phaj 3. Fill out only the parts you want. Always sign the form in Part 3.

2 tug neeg ua tim khawv yuav tsum kos npe rau phab ntawv 14, los sis daim ntawv cog lus tseg nyob rau ntawm phab ntawv 15. 2 witnesses need to sign on page 14, or a notary on page 15.

Daim no yog ib daim daim foos raug raws cai uas qhia rau koj tias koj muaj cai tawm tswv yim txog koj qhov kev saib xyuas kev noj qab haus huv. This is a legal form that lets you have a voice in your health care.

Daim foos no yuav qhia rau koj tsev neeg, cov phooj ywg, thiab cov kws kho mob paub txog qhov yuav muab kev saib xyuas li cas rau koj rau thaum uas koj tus kheej hais tsis tau lus lawm. It will let your family, friends, and medical providers know how you want to be cared for if you cannot speak for yourself.

Kuv yuav ua li cas rau daim foos no? What should I do with this form?

- Thov muab daim foos no qhia rau koj tsev neeg, cov phooj ywg, thiab cov kws kho mob. Please share this form with your family, friends, and medical providers.
- Thov nco qaab ntsoov theej daim foos no cia tseg ua koj cov ntaub ntawv kho mob uas teev tseg es thiaj li tau siv rau ntawm txhua lub chaw uas koj tau txais kev saib xyuas. Please make sure copies of this form are placed in your medical record at all the places you get care.

Yog tias kuv muaj lus nug txog daim foos no yuav ua li cas? What if I have questions about the form?

- Yeej tsis ua li cas rau qhov hla ib phaj ntawm daim foos no yog tias koj muaj lus los sis tsis xav teb. It is OK to skip any part of this form if you have questions or do not want to answer.
- Hais koj cov kws kho mob, cov kws tu neeg mob, cov neeg pab pej xeem sawv daws, tsev neeg, los sis cov phooj ywg los pab. Ask your doctors, nurses, social workers, family, or friends to help.
- Cov kws lij choj los muaj peev xwm pab tau thiab. Daim foos no tsis yog qhuab qhia txog txoj cai. Lawyers can help too. This form does not give legal advice.

Yog tias kuv xav txiav txim siab txog tej kev xaiv saib xyuas kev noj qab haus huv uas tsis muaj nyob rau daim foos no yuav ua li cas?

What if I want to make health care choices that are not on this form?

- Nyob rau ntawm phab ntawv 2, koj muaj peev xwm sau txhua yam uas tseem ceeb rau koj ntxiv rau. On page 12, you can write down anything else that is important to you.



Kuv yuav tau sau daim foos no dua rau thaum twg? When should I fill out this form again?

- Yog tias koj hloov siab txog koj tej kev xaiv saib xyuas kev noj qab haus huv If you change your mind about your health care choices
- Yog koj li kev noj qab haus huv hloov pauv If your health changes
- Yog koj tus neeg txiav txim siab txog kev kho mob hloov pauv If your medical decision maker changes

Yog koj tus txij nkawm yog koj tus neeg txiav txim siab, thiab yog neb sib nrauj lawm, ces tus neeg ntawd yuav tsis yog koj tus neeg txiav txim siab mus ntxiv lawm. If your spouse is your decision maker, and you divorce, that person will no longer be your decision maker.

Muab daim foos tshiab rau koj tus neeg txiav txim siab txog kev kho mob thiab cov kws kho mob.

Give the new form to your medical decision maker and medical providers.

Muab cov qub foos pov tseg. Destroy old forms.

Muab daim foos no thiab koj tej kev xaiv qhia rau koj tsev neeg, cov phooj ywg, thiab cov kws kho mob.. Share this form and your choices with your family, friends, and medical providers.

Phaj 1

Xaiv koj tus neeg txiav txim siab txog kev kho mob

Part 1: Choose your medical decision maker

Koj tus neeg txiav txim siab txog kev kho mob muaj peev xwm txiav txim siab txog kev saib xyuas kev noj qab haus huv rau koj yog tias koj tus kheej tsis muaj peev xwm txiav txim siab tau lawm. Your medical decision maker can make health care decisions for you if you are not able to make them yourself.

Ib tug neeg txiav txim siab txog kev kho mob uas zoo yog ib tug tswv cuab hauv tsev neeg los sis ib tug phooj ywg uas yog: A good medical decision maker is a family member or friend who:

- tus muaj hnub nyoog 18 xyoo los sis siab dua is 18 years of age or older
- muaj peev xwm tham txog tej uas koj xav tau rau koj tau can talk to you about your wishes
- muaj peev xwm nyob nrog koj thaum koj xav tau lawv can be there for you when you need them
- koj tso hlo siab ua raws li tej uas koj xav tau thiab ua yam uas zoo tshaj plaws rau koj you trust to follow your wishes and do what is best for you
- koj tso siab hlo xav paub koj cov ntaub ntawv mob nkeeg you trust to know your medical information
- txhob ntshai nug cov kws kho mob thiab tham txog tej uas koj xav tau is not afraid to ask doctors questions and speak up about your wishes



Raws li txoj cai mas, tus neeg txiav txim siab rau koj ntawd yuav tsis yog koj tus kws kho mob los sis ib tug neeg twg uas ua hauj lwm rau tim lub tsev kho mob, chaw kuaj mob, los sis lub chaw uas muab kev saib xyuas rau koj, tshwj tsis yog lawv yog ib tug tswv cuab hauv tsev neeg los sis yog ib tug khub hauv yim neeg. Legally, your decision maker cannot be your doctor or someone who works at your hospital, clinic, or place where you get care, unless they are a family member or domestic partner.

Yog tias kuv tsis xaiv ib tug neeg txiav txim siab txog kev kho mob yuav tshwm sim dab tsi?

What will happen if I do not choose a medical decision maker?

Yog tias koj tus kheej tsis muaj peev xwm txiav txim siab tau lawm, koj cov kws kho mob yuav hloov los rau tsev neeg thiab cov phooj ywg los sis txiav txim rau tej kev txiav txim siab ntawd tam rau koj.

Tej zaum tus neeg no yuav tsis paub txog qhov uas koj xav tau. If you are not able to make your own decisions, your doctors may turn to family and friends or a judge to make decisions for you. This person may not know what you want.

Yog tias koj tsis muaj peev xwm lawm, koj tus neeg txiav txim siab txog kev kho mob muaj peev xwm xaiv tej ntawd tam rau koj tau:

If you are not able, your medical decision maker can choose these things for you:

- cov kws kho mob, cov kws tu neeg mob, cov neeg ua hauj lwm rau pej xeem sawv daws, cov neeg zov doctors, nurses, social workers, caregivers
- cov tsev kho mob, cov chaw kuaj mob, cov tsev tu neeg mob, chaw saib xyuas mob puas siab ntsws hospitals, clinics, nursing homes, mental healthcare
- cov tshuaj kho mob, cov kev kuaj ntsuas mob, los sis cov kev kho mob medications, tests, or treatments
- tus neeg uas muaj peev xwm saib tau koj cov ntaub ntawv kho mob who can look at your medical information
- yam uas tshwm sim rau koj lub cev thiab tej khoom hauv nruab nrog cev tom qab koj tag sim neej what happens to your body and organs after you die



Ntawm no yog ntau qhov kev txiav txim siab uas koj tus neeg txiav txim siab txog kev kho mob muaj peev xwm txiav txim tau: Here are more decisions your medical decision maker can make:

Pib los sis tso tseg qhov kev pab txhawb rau txoj sia los sis tej kev kho mob, xws li:

Start or stop life support or medical treatments, such as:



- **CPR los sis kev pab txoj sia los ntawm qhov nias hauv siab**

CPR or cardiopulmonary resuscitation

plawv = lub plawv • ntsws = Ob lub ntsws • kev cawm txoj sia = sim ua kom ciaj sia rov qab los cardio = heart • pulmonary = lungs • resuscitation = try to bring back

Qhov no ntsig txog: This may involve:

- sib sib zog nias rau ntawm koj lub hauv siab sim ua kom koj cov ntshav ntwis tau pressing hard on your chest to try to keep your blood pumping
- siv hluav taws xob ntsw sim pib ua kom koj lub plawv dhia tuaj electrical shocks to try to jump start your heart
- tso tshuaj raws koj cov leeg ntshav medicines in your veins



- **Siv lub tshuab ua pa los sis lub tshuab lim cua** Breathing machine or ventilator

Cov tshuab nqu cua mus rau hauv koj lub ntsws thiab pab ua pa rau koj. Koj tsis muaj peev xwm tham tau thaum koj tseem siv lub tshuab.

The machine pumps air into your lungs and tries to breathe for you. You are not able to talk when you are on the machine.

- **Kev lim ntshav** Dialysis

Ib lub tshuab uas npaj tu koj cov ntshav kom huv si yog tias koj ob lub raum nres ua hauv lwm lawm. A machine that tries to clean your blood if your kidneys stop working.

- **Txoj Xov Tso Zaub Mov Rau Lub Cev** Feeding Tube

Ib txoj xov uas raug siv los pub mov rau koj yog tias koj tsis muaj peev xwm nqos mov taus lawm. Muaj peev xwm tso txoj xov no rau ntawm koj lub qhov ntswg nkag mus rau hauv koj lub qa thiab lub plab. Qhov ntawd kuj muaj peev xwm phais ntxig txoj nov no nkag mus rau hauv koj lub plab tau thiab. A tube used to try to feed you if you cannot swallow. The tube can be placed through your nose down into your throat and stomach. It can also be placed by surgery into your stomach.

- **Kev hloov ntshav thiab dej (IV)** Blood and water transfusions (IV)

Tso cov ntshav thiab dej nkag mus rau hauv koj lub cev.

To put blood and water into your body.

- **Kev phais mob** Surgery

- **Cov tshuaj kho mob** Medicines



*Qhov uas tej kev kho mob no yuav ntxim zoo mas yog nce raws kev noj qab haus huv ntawm koj thiab koj lub hnuv nyoog. Nug pab pawg saib xyuas mob nkeeg txog Kev Ua Neej Uas Zoo tom qab kho mob rau tej no tag. *How well these treatments work will depend on your health and your age. Ask the medical care team about [Quality of Life](#) after these treatments.

Tej kev txiav txim siab cia tag txoj sia uas koj tus neeg txiav txim siab txog kev kho mob muaj peev xwm txiav txim tau: End of life decisions your medical decision maker can make:

- hu xov tooj rau ib tug thawj coj fab kev ntseeg los sis tus thawj coj fab kev cai dab qhuas call in a religious or spiritual leader
- txiav txim siab seb yuav cia koj tag sim neej rau tim tsev los sis rau hauv tsev kho mob decide if you die at home or in the hospital
- txiav txim siab phais saib qhov ua rau tag sim neej los sis muab khoom hauv nruab nrog cev pub decide about autopsy or organ donation
- txiav txim siab txog qhov yuav muab faus los sis muab hlawv decide about burial or cremation

Qhov kos npe rau daim foos no, koj pub tus neeg txiav txim siab txog kev kho mob los:

By signing this form, you allow your medical decision maker to:

- muab kev pom zoo rau, tsis kam lees rau, los sis thim txhua qho kev pab rau txoj sia los sis kev kho mob yog tias koj tus kheej tsis muaj peev xwm hais tau lus lawm agree to, refuse, or withdraw any life support or medical treatment if you are not able to speak for yourself
- txiav txim txog qhov yuav tshwm sim rau koj lub cev tom qab koj tag sim neej, xws li cov kev npaj pam tuag thiab kev muab khoom hauv nruab nrog cev pub dawb decide what happens to your body after you die, such as funeral plans and organ donation

Yog tias muaj tej kev txiav txim siab uas koj tsis xav cia lawv txiav txim siab, ces sau tej ntawd rau ntawm no:

If there are decisions you do not want them to make, write them here:

Kuv tus neeg txiav txim siab txog kev kho mob yuav txiav txim siab tam rau kuv rau thaum twg?

When can my medical decision maker make decisions for me?

TSUAS YOG tom qab kuv tsis muaj peev xwm txiav txim tau los ntawm kuv tus kheej lawm xwb

ONLY after I am not able to make my own decisions

TAM SIS NO, kiag tom qab kuv kos npe rau daim foos no lawm

NOW, right after I sign this form**Yog tias koj xav tau li ntawd, koj muaj peev xwm sau tias yog vim li cas koj thiaj li xav li no.**

If you want, you can write why you feel this way.

Sau lub npe ntawm koj tus neeg txiav txim siab txog kev kho mob. Write the name of your medical decision maker.**#1: Kuv xav kom tus neeg no muab kev txiav txim siab kho mob rau kuv yog tias kuv tsis muaj peev****xwm txiav txim tau los ntawm kuv tus kheej lawm:** #1: I want this person to make my medical decisions if I am not able to make my own:lub npe first namelub xeeb last namekev txheeb ze relationshipxov tooj #1 phone #1número de teléfono 2 phone #2

email

chaw nyob addressnroog city

xeev

state

zis qhauj

zip code**#2: Yog tias thawj tus neeg ua tsis tau li ntawd, ces kuv xav kom tus neeg no txiav txim siab kho mob rau kuv:** #2: If the first person cannot do it, then I want this person to make my medical decisions:lub npe first namelub xeeb last namekev txheeb ze relationshipxov tooj #1 phone #1número de teléfono 2 phone #2

email

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xeev

state

zis qhauj

zip code

Vim li cas koj thiaj li xaiv koj tus neeg txiav txim siab txog kev kho mob?

Why did you choose your medical decision maker?

Yog tias koj xav tau li ntawd, koj muaj peev xwm sau tias vim li cas koj thiaj li xaiv koj tus neeg txiav txim siab txog kev kho mob tus #1 thiab tus #2 rau ntawm phab ntawv 5. If you want, you can write why you chose your #1 and #2 decision makers on page 5.

Sau ib tug neeg twg uas koj TSIS xav kom pab txiav txim siab kho mob rau koj. Write down anyone you would NOT want to help make medical decisions for you.

Yog tias koj tsev neeg txiav txim siab ua ib pab pawg, koj xav kom leej twg nyob rau hauv pab pawg? Koj cov neeg txiav txim siab txog kev kho mob nyob rau ntawm phab ntawv 5 tseem yuav yog tus uas txiav txim siab kawg. If your family makes decisions as a group, who do you want in the group? Your medical decision maker(s) on page 5 will still have the final say.

Yog tias koj tus kheej tsis muaj peev xwm hais tau lus lawm tej kev txwv uas koj xav kom koj tus neeg txiav txim siab txog kev kho mob ua raws li qhov uas koj xav tau ntawd yog li cas?

How strictly do you want your medical decision maker to follow your wishes if you are not able to speak for yourself?

Yog tias cov kws kho mob xav tias tseem muaj qee yam uas zoo dua rau koj rau thaum lub sij hawm ntawd ces yuav pub koj tus neeg txiav txim siab siab txog kev kho mob hloov pauv tau koj qhov kev txiav txim siab ua ntej dhau los ntawd tau. Flexibility allows your decision maker to change your prior decisions if doctors think something else is better for you at that time.

Tej zaum qhov kev txiav txim siab ua ntej dhau los ntawd xav kom koj sau los sis tham nrog koj tus neeg txiav txim siab txog kev kho mob. Koj muaj peev xwm sau tej uas koj xav tau nyob rau Phaj 2 ntawm daim foos no. Prior decisions may be wishes you wrote down or talked about with your medical decision maker. You can write your wishes in Part 2 of the form.

Kos rau ib qho ntawm qhov kev xaiv uas koj pom zoo tshaj plaws. Check the one choice you most agree with.

Tag Nrho Tej Uas Hloov Tau: Yeej tsis ua li cas rau qhov kuv tus neeg txiav txim siab hloov ib qho ntawm kuv tej kev txiav txim siab kho mob yog kuv cov kws kho mob xav tias qhov ntawd mas zoo tshaj plaws rau kuv rau thaum lub sij hawm ntawd. Total Flexibility: It is OK for my decision maker to change any of my medical decisions if my doctors think it is best for me at that time.

Qee Yam Uas Hloov Tau: Yeej tsis ua li cas rau qhov kuv tus neeg txiav txim siab hloov qee qhov ntawm kuv tej kev txiav txim siab kho mob yog cov kws kho mob xav tias qhov ntawd mas zoo tshaj plaws. Tab sis, tej uas xav tau no kuv YEEJ tsis xav kom raug hloov li: Some Flexibility: It is OK for my decision maker to change some of my decisions if the doctors think it is best. But, these wishes I NEVER want changed:

Qhov Uas Hloov Tsis Tau: Kuv xav kom kuv tus neeg txiav txim siab ua raws nraim li kuv qhov xav tau rau kev kho mob nkaus xwb. Qhov ntawd yuav TSIS KAM hloov kuv tej kev txiav txim siab, txawm tias yog cov kws kho mob hais kom ua li ntawd. No Flexibility: I want my decision maker to follow my medical wishes exactly. It is NOT OK to change my decisions, even if the doctors recommend it.

Yog tias koj xav tau li ntawd, koj muaj peev xwm sau tias yog vim li cas koj thiaj li xav li no. If you want, you can write why you feel this way.

Yuav txiav txim siab rau ntawm koj tus kheej qhov kev xaiv saib xyuas kev noj qab haus, mus rau Phaj 2 ntawm phab ntawv 7. Yog tias koj xaiv lawm, koj yuav tsum kos npe rau daim foos no nyob rau ntawm phab ntawv 13. Thov muab tej uas koj xav tau ntawd qhia rau koj tsev neeg, cov phooj ywg, thiab cov kws kho mob. To make your own health care choices, go to Part 2 on page 7. If you are done, you must sign this form on page 13. Please share your wishes with your family, friends, and medical providers.

Phaj 2

Koj tus kheej qhov txiaiv txim siab txog tej kev xaiv saib xyuas kev noj qab haus

Tsuas sau rau cov nqe lus nug uas koj xav sau xwb.

Make your own health care
choices. Fill out only the
questions you want.

Koj puas nyiam txiaiv txim siab kho mob li cas? How do you prefer to make medical decisions?

Ib txhia tib neeg nyiam txiaiv txim siab los ntawm lawv tus kheej txog tej kev kho mob. Ib txhia tib neeg nyiam kom lwm tus neeg muab lus xam pom (tsev neeg, cov phooj ywg, thiab cov kws kho mob) ua ntej lawv yuav txiaiv txim siab. Thiab, ib txhia tib neeg nyiam kom lwm tus txiaiv txim siab tam rau lawv. Some people prefer to make their own medical decisions. Some people prefer input from others (family, friends, and medical providers) before they make a decision. And, some people prefer other people make decisions for them.

Thov nco tseg: Cov kws kho mob tsis muaj peev xwm txiaiv txim siab tam rau koj tau. Lawv tsuas muab cov ntaub ntawv los pab rau qhov txiaiv txim siab xwb. Please note: Medical providers cannot make decisions for you. They can only give information to help with decision making.

Koj puas nyiam txiaiv txim siab kho mob li cas? How do you prefer to make medical decisions?

Kuv nyiam txiaiv txim siab kho mob rau ntawm kuv tus kheej yam uas tsis tam kom lwm tus neeg muab lus xam pom. I prefer to make medical decisions on my own without input from others.

Kuv nyiam txiaiv txim siab kho mob tom qab tau lus xam pom los ntawm lwm tus neeg lawm xwb. I prefer to make medical decisions only after input from others.

Kuv nyiam kom lwm cov tib neeg txiaiv txim siab kho mob tam rau kuv. I prefer to have other people make medical decisions for me.

Yog tias koj xav ua li ntawd, koj muaj peev xwm sau tias vim li cas koj thiaj li xav li no, thiab tus neeg uas koj xav tau lus xam pom los. If you want, you can write why you feel this way, and who you want input from.

Tej xwm txheej uas tseem ceeb tshaj plaws rau hauv lub neej txoj sia yog dab tsi? Qhov zoo ntawm lub neej txoj sia rau txhua tus tib neeg mas sib txawv. What matters most in life? Quality of life differs for each person

Yam uas tseem ceeb tshaj plaws rau hauv lub neej txoj sia yog dab tsi? What is most important in your life?

Kos kom ntau li ntau tau raws li qhov koj xav tau. Check as many as you want.

Koj tsev neeg los sis cov phooj ywg Your family or friends _____

Koj cov tsiaj uas tu hauv vaj hauv tsev Your pets _____

Tej hauj lwm uas nyiam ua, xws li ua vaj, taug kev, thiab ua zaub mov

Hobbies, such as gardening, hiking, and cooking

Koj tej hauj lwm uas nyiam ua Your hobbies _____

Ua hauj lwm los sis ua hauj lwm pab dawb _____

Working or volunteering

Saib xyuas koj tus kheej thiab ua kom nyob tau ywj pheej Caring for yourself and being independent

Txhob ua ib lub nras rau koj tsev neeg Not being a burden on your family

Kev ntseeg los sis kev cai dab qhuas: Koj li kev ntseeg: _____

Religion or spirituality: Your religion

Qee yam ntxiv Something else _____

Yam uas ua rau koj lub neej txoj sia lom zem yog dab tsi? Yam uas koj xav pom rau yav tom ntej rau lub neej txoj sia yog dab tsi? What brings your life joy? What are you most looking forward to in life?

Yam uas tseem ceeb tshaj plaws rau kev saib xyuas mob nkeeg rau koj yog dab tsi? Qhov no sib txawv rau txhua tus tib neeg.

What matters most for your medical care? This differs for each person.

Rau qee cov tib neeg, lub hom phiaj tseem ceeb ces yog ua kom muaj txoj sia nyob ntev li ntev tau txawm tias: For some people, the main goal is to be kept alive as long as possible even if:

- Yuav tau siv cov tshuab pab kom lawv muaj txoj sia nyob thiab tiv mob taus They have to be kept alive on machines and are suffering
- Lawv muaj mob hnyav heev uas yuav tham taus nrog lawv tsev neeg thiab cov phooj ywg They are too sick to talk to their family and friends

Rau lwm cov tib neeg, lub hom phiaj tseem ceeb yog yuav tsum tau tsi ntsees txog qhov zoo ntawm lub neej txoj sia thiab qhov uas ua rau hnov kaj siab lug. For other people, the main goal is to focus on quality of the life and being comfortable.

- Cov tib neeg no nyiam tuag raws li qhov uas ib txwm tuag, thiab tsis xav siv cov tshuab pab ua kom muaj txoj sia nyob These people would prefer a natural death, and not be kept alive on machines

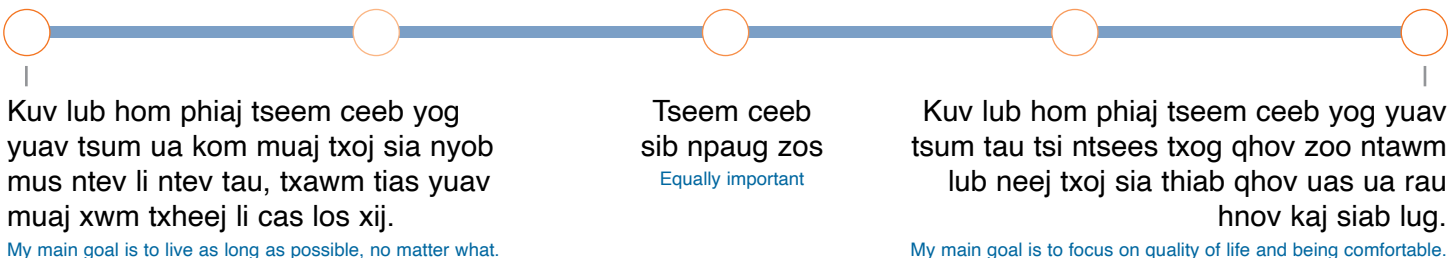
Lwm cov tib neeg mas nyiam rau kis nruab nrab ntawd. Yam tseem ceeb rau koj yog dab tsi?

Other people are somewhere in between. What is important to you?

Koj cov hom phiaj rau hnuv no rau koj qhov kev noj qab haus huv tam sis no tej zaum yuav txawv dua rau thaum txoj sia yuav tag. Your goals may differ today in your current health than at the end of life.

HNUB NO, RAU KOJ LI KEV NOJ QAB HAUS HUV TAM SI NO TODAY, IN YOUR CURRENT HEALTH

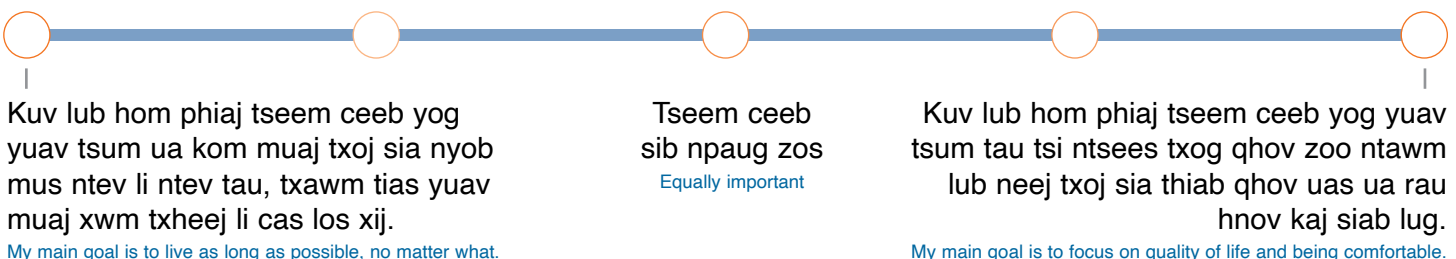
Kos rau ib qho kev xaiv raws txoj kab no los mus qhia txog qhov uas koj xav li cas rau hnuv no, rau koj li kev noj qab haus huv tam sis no. Check one choice along this line to show how you feel today, in your current health.



Yog tias koj xav tau li ntawd, koj muaj peev xwm sau tias yog vim li cas koj thiaj li xav li no. If you want, you can write why you feel this way.

THAUM KAWG NTAWM LUB NEEJ TXOJ SIA AT THE END OF LIFE

Kos rau ib qho kev xaiv raws txoj kab no los mus qhia tias koj xav li cas yog tias koj muaj tus mob uas yuav ua rau koj tag sim neej sai. Check one choice along this line to show how you would feel if you were so sick that you may die soon.



Yog tias koj xav tau li ntawd, koj muaj peev xwm sau tias yog vim li cas koj thiaj li xav li no. If you want, you can write why you feel this way.

Qhov zoo ntawm lub neej txoj sia rau txhua tus tib neeg mas sib txawv rau thaum kawg ntawm lub neej txoj sia. Yam uas yuav tseem ceeb tshaj plaws rau koj yog dab tsi?

Quality of life
differs for each person at the end of life. What would be most important to you?

THAUM KAWG NTAWM LUB NEEJ TXOJ SIA

AT THE END OF LIFE

Tib txhia tib neeg mas txaus siab hlo ua neej nyob nrog ntau yam kom muaj txoj sia nyob ntev dua.

Some people are willing to live through a lot for a chance of living longer.

Lwm cov tib neeg paub tias qee yam tam sis no yuav nyuaj heev rau qhov zoo ntawm lawv lub neej txoj

sia. Other people know that certain things would be very hard on their quality of life.

- Tej ntawd yuav ua rau lawv xav tsi ntsees rau qhov kev kaj siab ntau dua qhov peem kom muaj txoj sia nyob ntev li ntev tau. Those things may make them want to focus on comfort rather than trying to live as long as possible.

**Thaum kawg ntawm lub neej txoj sia, uas tej no puas yog yam uas nyuaj heev rau qhov zoo ntawm
koj lub neej txoj sia? Kos kom ntau li ntau tau raws li qhov koj xav tau.**

At the end of life, which of these things would be
very hard on your quality of life? Check as many as you want.

Qhov muaj mob loj uas tsis hnov qab lawm thiab tsis muaj peev xwm hnov los lawm los sis tsis
muaj peev tham rau tsev neeg thiab cov phooj ywg tau lawm Being in a coma and not able to wake up or talk to my
family and friends

Tsis muaj peev xwm ua neej nyob tau yaam tsis siv tshuab pab lawm Not being able to live without
being hooked up to machines

Tsis muaj peev xwm xav tawm los ntawm kuv tus kheej tau lawm, xws li mob hlwb hnyav heev Not
being able to think for myself, such as severe dementia

Tsis muaj peev xwm noj taus mov, da dej, los sis saib xyuas kuv tus kheej tau lawm Not being able to feed,
bathe, or take care of myself

Tsis muaj peev xwm ua neej nyob tau ntawm kuv tus kheej lawm, xws li nyob rau hauv ib lub tsev
tus neeg mob Not being able to live on my own, such as in a nursing home

Hnov mob hnyav los sis tsis xis nyob tas li Having constant, severe pain or discomfort

Qee yam ntxiv

Something else

LOS SIS, kuv mas txaus siab hlo ua neej nyob nrog txhua yam kom muaj txoj sia nyob ntev dua.

OR, I am willing to live through all of these things for a chance of living longer.

Yog tias koj xav tau li ntawd, koj muaj peev xwm sau tias yog vim li cas koj thiaj li xav li no. If you want, you
can write why you feel this way.

**Tej kev pom kev ntsib uas koj tau muaj mob loj heev los sis muaj rau ib tug neeg uas txheeb ze rau
koj uas muaj mob hnyav heev los sis tus uas yuav tag sim neej yog dab tsi?**

What experiences have you had with
serious illness or with someone close to you who was very sick or dying?

- Yog tias koj xav tau li ntawd, koj muaj peev xwm sau txog yam uas ua mus tau zoo los sis yam uas ua
mus tsis tau zoo, thiab yog vim li cas. If you want, you can write down what went well or did not go well, and why.

Yog tias koj tab tom yuav tag sim neej, koj xav nyob rau qhov chaw twg? If you were dying, where would you want to be?

rau tim tsev
at home

hauv tsev kho mob
in the hospital

los yog
either

kuv tsis paub meej
I am not sure

**Puas muaj yam twg uas tseem ceeb ntxiv lawm thiab, xws li khoom noj, paj nruag, tej tsiaj tu hauv
vaj hauv tsev, los sis cov tib neeg uas koj xav kom nyob ib ncig ntawm koj yog dab tsi?** What else would be
important, such as food, music, pets, or people you want around you?

Koj saib xyuas mob nkeeg nrog qhov zoo ntawm lub neej txoj sia li cas thiaj li haum?

Qee yam kev muaj mob thiab tej kev kho mob uas raug siv los pab kho cov tib neeg kom muaj txoj sia nyob ntev dua ntawd tej zaum yuav rau mob, muaj mob tshwm sim tuaj, thiab tsis muaj peev xwm saib xyuas tau koj tus kheej. How do you balance quality of life with medical care? Sometimes illness and the treatments used to try to help people live longer can cause pain, side effects, and the inability to care for yourself.

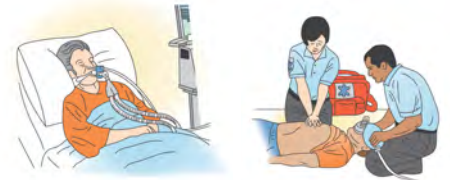
Thov nyeem kom tag nrho phab ntawv no ua ntej txiaiv txim siab ib qho kev xaiv.

Please read this whole page before making a choice.

THAUM KAWG NTAWM LUB NEEJ TXOJ SIA, ib txhia tib neeg mas txaus siab hlo ua neej nyob nrog ntau yam kom muaj txoj sia nyob ntev dua. Lwm cov tib neeg paub tias qee yam tam sis no yuav nyuaj heev rau qhov zoo ntawm lawv lub neej txoj sia. AT THE END OF LIFE, some people are willing to live through a lot for a chance of living longer. Other people know that certain things would be very hard on their quality of life.

Kev kho pab txhawb rau txoj sia yuav yog siv CPR, ib lub tshuab ua pa, cov xov tso zaub mov nkag rau hauv lub cev, kev lim ntshav, los sis kev hloov ntshav.

Life support treatment can be CPR, a breathing machine, feeding tubes, dialysis, or transfusions.



*Qhov uas tej kev kho mob no yuav ntxim zoo mas yog nce raws kev noj qab haus huv ntawm koj thiab koj lub hnub nyoog. Nug koj pab pawg saib xyuas mob nkeeg, "Yam Zoo ntawm Lub Neej Txoj Sia ntawm kuv yuav zoo li cas tom qab tej kho mob no?"

*How well these treatments work will depend on your health and your age. Ask your medical care team, "What will my Quality of Life be like after these treatments?"

Kos rau ib qho ntawm qhov kev xaiv uas koj pom zoo tshaj plaws. Check the one choice you most agree with.

Yog tias koj muaj mob hnyav heev uas yuav ua rau koj tag sim neej sai, yam uas koj nyiam yog dab tsi? If you were so sick that you may die soon, what would you prefer?

Sim txhua yam kev kho pab txhawb rau txoj sia uas kuv cov kws kho mob xav tias tej zaum yuav pab tau. Kuv xav kom siv tej kev kho pab txhawb txoj sia mus ntxiv txawm tias yuav muaj kev cia siab tsawg heev txog qhov yuav zoo los sis yuav ua rau muaj txoj sia nyob tau mus ntxiv. Try all life support treatments that my doctors think might help. I want to stay on life support treatments even if there is little hope of getting better or living a life I value.

Sim siv ib yam kev kho pab txhawb rau txoj sia uas kuv cov kws kho mob xav tias tej zaum yuav pab tau. Tab sis, KUV TSIS xav kom siv tej kev kho pab txhawb txoj sia mus ntxiv yog tias tej kev kho mob no yuav pab tsis tau thiab yuav muaj kev cia siab tsawg heev txog qhov yuav zoo los sis sis yuav ua rau muaj txoj sia nyob tau mus ntxiv. Do a trial of life support treatments that my doctors think might help. But, I DO NOT want to stay on life support treatments if the treatments do not work and there is little hope of getting better or living a life I value.

Kuv tsis xav siv tej kev kho pab txhawb txoj sia, thiab kuv xav tsi ntsees rau qhov uas ua kom hnob kaj siab lug xwb. Kuv nyiam kom tuag raws li qhov uas ib txwm tuag. I do not want life support treatments, and I want to focus on being comfortable. I prefer to have a natural death.

Yog tias koj cev xeeb me nyuam lawm tej uas xav tau no puas hloov pauv? Would these wishes change if you were pregnant?

Hloov yes

Tsis Hloov No

Tshuav yam dab tsi uas koj cov kws kho mob thiab tus neeg txiaiv txim siab yuav tau paub txog qhov kev xaiv no? Yam uas yuav tseem ceeb rau koj yog dab tsi? Koj muaj peev xwm sau ntau ntxiv rau ntawm phab ntawv 12. What else should your medical providers and decision maker know about this choice? What else would be important to you? You can write more on page 12.

Tej zaum koj tus neeg txiav txim siab yuav nug txog qhov muab khoom hauv nruab nrog cev pub dawb thiab qhov phais saib txog qhov ua rau tag sim neej tom qab koj tuag lawm. Thov qhia rau peb txog tej uas koj xav kom ua. Your decision maker may be asked about organ donation and autopsy after you die. Please tell us your wishes.

KEV MUAB KHOOM HAUV NRUAB NROG CEV PUB DAWB ORGAN DONATION

Ib txhia tib neeg txiav txim muab lawv tej khoom hauv nruab nrog cev los sis ib txhia pub dawb. Koj nyiam li cas? Some people decide to donate their organs or body parts. What do you prefer?

Kuv xav muab kuv tej khoom hauv nruab nrog cev los sis ib txhia pub dawb.
I want to donate my organs or body parts.

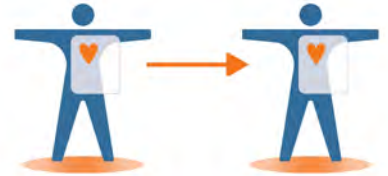
Yam khoom hauv nruab nrog cev los sis ib txhia hauv nruab nrog cev uas koj xav muab pub dawb yog yam twg?

Which organ or body part do you want to donate?

Ib yam khoom hauv nruab nrog cev los sis ib txhia hauv nruab nrog cev Any organ or body part

Tsuas yog Only _____

Kuv tsis xav muab kuv tej khoom hauv nruab nrog cev los sis ib txhia pub dawb. I do not want to donate my organs or body parts.



Tshuav yam dab tsi uas koj cov kws kho mob thiab tus neeg txiav txim siab yuav tau paub txog qhov muab koj tej khoom hauv nruab nrog cev los sis ib txhia hauv nruab nrog cev pub dawb yog dab tsi? What else should your medical providers and medical decision maker know about donating your organs or body parts?

KEV PHAIS SAIB TXOG QHOV UA TAU TUAG AUTOPSY

Yuav tau phais saib txog qhov ua tau tuag tom qab tag sim neej es thiaj li paub tias vim li cas tus neeg ntawd thiaj li tuag. Ua li ntawd tau los ntawm kev phais. Yuav siv sij hawm li ob peb hnub thiaj li phais saib tag. An autopsy can be done after death to find out why someone died. It is done by surgery. It can take a few days.

Kuv xav cia phais saib txog qhov ua rau tuag. I want an autopsy.

Kuv tsis xav cia phais saib txog qhov ua rau tuag. I do not want an autopsy.

Kuv tsuas xav cia phais saib txog qhov ua rau tuag xwb yog tias muaj kev poob siab txog kuv txoj kev tuag. I only want an autopsy if there are questions about my death.



KEV PAM TUAG LOS SIS KEV FAUS UAS KUV NTSHAW FUNERAL OR BURIAL WISHES

Koj cov kws kho mob thiab tus neeg txiav txim siab txog kev kho mob puas yuav tsum tau paub txog qhov koj xav kom muab koj lub cev ua li cas tom qab koj tuag, thiab qhov muab koj pam tuag los sis faus ntawd yuav ua li cas? What should your medical providers and decision maker know about how you want your body to be treated after you die, and your funeral or burial wishes?

- Koj puas xav kom ua kab lis kev cai ntseeg los sis ua kev cai dab qhuas rau koj lub ntees pam tuag los sis faus? Do you have religious or spiritual wishes for your funeral or burial?

XAIV TAU: Koj nyiam txais cov ntaub ntawv hais txog kev kho mob li cas?

OPTIONAL: How do you prefer to get medical information?

Tib txhia tib neeg xav paub tag nrho lawv cov ntaub ntawv muaj mob. Lwm cov tib neeg yuav tsis xav paub.

Some people may want to know all of their medical information. Other people may not.

Yog tias koj muaj ib tug mob hnyav, koj puas xav kom koj cov kws kho mob thiab cov kws kuaj mob qhia koj tias koj muaj mob li cas los sis koj yuav muaj txoj sia nyob ntev npaum li cas? If you had a serious

illness, would you want your doctors and medical providers to tell you how sick you are or how long you may have to live?

Yog, kuv xav paub cov ntaub ntawv no. Yes, I would want to know this information.

Tsis yog, kuv tsis xav paub. Thov tham nrog kuv tus neeg txiaiv txim siab. No, I would not want to know. Please talk with my decision maker instead.

Yog tias koj xav tau li ntawd, koj muaj peev xwm sau tias yog vim li cas koj thiaj li xav li no. If you want, you can write why you feel this way.

* Tham rau koj cov kws kho mob es lawv thiaj li paub tias koj xav tau txais cov ntaub ntawv no li cas.

* Talk to your medical providers so they know how you want to get information.

Tshuav yam dab tsi uas koj cov kws kho mob thiab cov neeg txiaiv txim siab yuav tau paub txog koj thiab koj tej kev xaiv rau qov kev saib xyuas mob nkeeg? What else should your medical providers and

medical decision maker(s) know about you and your choices for medical care?

Ntawm no tsuas yog ob peb qho ua piv txwv xwb: Here are just a few examples:

- Koj puas kev ntseeg txog kab lis kev cai ntseeg los sis kev cai dab qhuas uas qhia saib xyuas mob nkeeg rau koj? Do you have religious or spiritual beliefs that guide your medical care?
- Yog tias koj tsis nco qab los sis muaj mob puas hlwb lawm, ces puas yog yuav tsav tsheb tau tsis nyab xeeb, los sis yuav nyob tim tsev tau tsis nyab xeeb lawm? What if you get memory loss or dementia, are no longer safe to drive, or are no longer safe to live at home?
Koj puas xav kom koj pab pawg saib xyuas mob nkeeg, tsev neeg, thiab cov phooj ywg tham nrog koj txog tej yam no? Yam uas ua rau koj txhawj xeeb txog yog dab tsi? Yam uas yog qhov tseem ceeb rau koj yog dab tsi? How would you want your medical care team, family, and friends to talk with you about these things? What would you be worried about? What would be important to you?
- Yog tias koj yeej nyob rau hauv tsev kho mob lawm, leej twg yog tus pab koj them tej nqi ub no thiab tej tsiaj tu hauv vaj hauv tsev? Faj Seeb: Yuav muaj cai rau tus neeg no los pab saib xyuas koj cov nyiaj xiaj, cov nqi ub no, cov tsiaj tu hauv vaj hauv tsev, thiab tej yam uas yog koj li, koj kuj yuav tsum tau sau qhov no rau hauv lwm foos. PlanforClarity.org If you were in the hospital, who could help with your bills or pets? Note: To give this person legal power to help with your money, bills, pets, and things you own, you also need to write this in other legal forms. See PlanforClarity.org.

Koj muaj peev xwm sau ntau ntawv txog koj tej kev xaiv rau ntawm phab ntawv tom ntej. You can write more about your choices on the next page.

Tshuav yam dab tsi uas koj cov kws kho mob thiab cov neeg txiav txim siab yuav tau paub txog koj thiab koj tej kev xaiv rau qov kev saib xyuas mob nkeeg?

What else should your medical providers and medical decision maker(s) know about you and your choices for medical care?

Phaj 3

Kos npe rau daim foos Part 3: Sign the form



Ua ntej yuav muab daim foos no siv, koj yuav tsum: Before this form can be used, you must:

- kos npe rau daim foos no yog tias koj muaj hnuv nyoog 18 xyoo los sis siab dua sign this form if you are 18 years of age or older
- muaj ob tug neeg ua tim khawv los sis ib tug kws lij choj uas ntsia ntsoov koj kos npe rau daim foos no have two witnesses or a notary who can watch you sign this form

Kos koj lub npe thiab sau hnuv. Sign your name and write the date.

kos koj lub npe signature

hnuv no yog hnuv today's date

sau koj lub npe first name

sau koj lub xeev last name

hnuv yug DOB

chaw nyob address

nroog city

xeev state

zis qhauj
zip code

Tus Neeg Ua Tim Khawv los sis Tus Neeg Cog Lus Witnesses or Notary

Ua ntej yuav siv daim foos no, koj yuav tsum muaj 2 tus neeg ua tim khawv los sis ib tug neeg cog lus kos npe rau daim foos. Tes hauj lwm ntawm tus neeg cog lus yog saib xyuas kom koj kos npe rau daim foos. Before this form can be used, you must have 2 witnesses or a notary sign the form. The job of a notary is to make sure it is you signing the form.

Koj cov neeg ua tim khawv yuav tsum: Your witnesses must:

- muaj hnuv nyoog 18 xyoo los sis siab dua be 18 years of age or older
- saib koj kos npe rau daim foos see you sign the form

Koj cov neeg ua tim khawv tsis muaj peev xwm: Your witnesses cannot:

- yog koj tus neeg txiav txim siab txog kev kho mob be your medical decision maker

Thiab, ib tug neeg ua tim khawv tsis muaj peev xwm: Also, one witness cannot:

- yog tus neeg saib xyuas kev noj qab haus huv rau koj be your health care provider
- ua hauj lwm rau koj tus neeg saib xyuas kev noj qab haus huv work for your health care provider



Cov neeg ua tim khawv yuav tsum kos lawv lub npe rau phab ntawv 14. Yog tias koj tsis muaj cov neeg ua tim khawv, ces tus neeg cog lus yuav tsum kos npe rau ntawm phab ntawv 15. Witnesses need to sign their names on page 14. If you do not have witnesses, a notary must sign on page 15.

Kom koj cov neeg ua tim khawv kos lawv cov npe thiab sau hnuv rau.

Have your witnesses sign their names and write the date.

Thaum kos npe, kuv cog lus tias _____
no lawm thaum kuv ntsia.

(tus neeg muaj npe nyob rau phab ntawv 13)

By signing, I promise that (the person named on page 13)
signed this form while I watched.

Lawv yeej xa meej tseeb lawm thiab tsis yog raug yuam kom kos npe.

They were thinking clearly and were not forced to sign it.

Kuv kuj cog lus tias: I also promise that:

- Kuv muaj hnuv nyoog 18 xyoo los sis siab dua I am 18 years of age or older
- Kuv tsis yog lawv tus neeg txiav txim siab txog kev kho mob I am not their medical decision maker

Ib tug neeg ua tim khawv kuj yuav tsum cog lus tias: One witness must also promise that:

- Kuv tsis yog lawv tus neeg saib xyuas kev noj qab haus huv I am not their health care provider
- Kuv tsis ua hauj lwm rau lawv tus neeg saib xyuas kev noj qab haus huv I do not work for their health care provider

**Tus neeg ua tim khawv #1:** Witness #1

_____ kos koj lub npe signature

_____ hnuv date

_____ sau koj lub xeeb print first name

_____ sau koj lub xeeb print last name

_____ hnuv yug address

_____ nroog city

_____ xeev state

_____ zis qhauj
zip code

Tus neeg ua tim khawv #2: Witness #2

_____ kos koj lub npe signature

_____ hnuv date

_____ sau koj lub xeeb print first name

_____ sau koj lub xeeb print last name

_____ hnuv yug address

_____ nroog city

_____ xeev state

_____ zis qhauj
zip code

Tam sis no koj sau daim foos no tiav lawm. You are now done with this form.

Muab daim foos no qhia rau koj tsev neeg, cov phooj ywg, thiab cov kws kho mob. Tham nrog lawv txog koj tej kev ntshaws ntawm kev kuaj mob. Koj kuj muaj peev xwm thov kom lawv pab theej rau koj thiab muab daim foos no tso rau hauv koj cov ntaub ntawv kho mob uas tseev tseg. Share this form with your family, friends, and medical providers. Talk with them about your medical wishes. You can also ask them to help make copies and get the form into your medical record.

Xav kawm kom paub ntau ntxiv ces mus saib hauv www.prepareforyourcare.org

To learn more go to www.prepareforyourcare.org

Tus Neeg Cog Lus Sau Ntawv: Nqa daim foos no mus rau ib tug neeg cog lus sau ntawv TSUAS YOG thaum uas ob tug neeg ua tim khawv tsis tau kos npe rau daim foos no xwb. Nqa daim I.D uas muaj duab(daim ntawv tso cai tsav tsheb, phau ntawv hla teb chaws, thiab lwm yam). Notary Public: Take this form to a notary public ONLY if two witnesses have not signed this form. Bring photo I.D. (driver's license, passport, etc.).

State of Minnesota

County of _____

The foregoing instrument was acknowledged before me on _____ (Date)
by _____ (Person acknowledged).

Signature of Notarial Officer

Title (and Rank)

My commission expires: _____