Honoring Choices

My Health Care Goals

Completing a Health Care Directive is an important step to help your loved ones and health care teams know your values and choices for healthcare if an unexpected injury or illness left you unable to speak for yourself. Advances in medicine can now keep us alive for a long time, even if the health care team believes you are unlikely to recover. Knowing what you value, whether that is to live as long as possible or to focus on quality of life as you define it, can be helpful to those making medical decisions for you.

The best time to think about these things is now, while you have time to consider them. The following questions can help you think more about your wishes. **This is not a legal document. After you are done you can attach or add these thoughts to a new Health Care Directive.** You should also share this information with your health care team, loved ones, and any health care agents.
If you want help with creating a Health Care Directive or talking about these decisions, we offer free classes in multiple locations. For more information or to register, visit our website at www.fairview.org/choices.

My name: _____ Date completed: _____

Are there experiences you've had or heard about when medical decisions were made for someone else? When that happened were there things you thought you would or wouldn't want for yourself?
Do you have any concerns about your health or medical decisions you want others to know about?
What does living the best life possible look like to you? What would your ideal day be like?
What gives you strength or keeps you going in difficult situations?
What abilities (eating, talking etc) are so important that you can't imagine living without them?

My Name _____ Date Completed _____

What do you want those caring for you to know about any spiritual, cultural, or other beliefs?

What are 3 non-medical things you want those caring for you to know about you?

Permanent unconsciousness can be caused by an accident, a stroke or anything that badly damages the brain. The health care team may call this a "permanent vegetative state". This means the brain is so badly hurt that the person isn't aware of self or others, can't understand or communicate, and the health care team believes the person won't get better. Mechanical or artificial treatments may keep a person alive when the body can't function on its own. Examples are: ventilation (breathing machine) when the lungs aren't working, cardiopulmonary resuscitation (CPR) to try to restart a heart that has stopped beating, artificial feeding through tubes and intravenous (IV) fluids, and dialysis when the kidneys aren't working. For more information on some of these treatments visit our website. Treatments that keep you comfortable, like pain medicine, will always be given.
If you were permanently unconscious:
◯ I would want some or all possible life-sustaining treatments to keep me alive as long as possible.
My health care agent should work with my health care team to make decisions about treatments based on my goals and values. I would choose this because:

◯ I wouldn't want life-sustaining treatments. Focus on making me comfortable and allow natural death. I would choose this because:

◯ I can't make a decision now. My health care agent should work with my health care team to decide whether or not to use life-sustaining treatments based on my goals and values.

Choosing someone to speak for you when you cannot is important. This person is called a Health Care Agent. The person(s) you choose should know what your wishes are and be able to make important decisions in stressful situations. They should also be able to make decisions based on your choices, even if they would make different decisions for themselves. Is there someone you are thinking about who could be your agent? Who, and why would you choose them?

NOTE: This person(s) is not your legal decision maker until you have named them in a Health Care Directive

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