**Discussing Advanced Directives with your patients:**

**Our goals as providers (AAFP):**

* Discuss the issue of life-sustaining measures BEFORE a medical emergency occurs (ideally before hospitalized)
* Document in the patient’s record that such a discussion took place and note patient’s wishes
* Include in the patient’s medical record copies of any advanced directives, such as living wills/durable powers of attorney
* Review above information with the patient at reasonable intervals
* [www.aafp.org/online/en/home/policy/policies/e/ethicsadvplan.html](http://www.aafp.org/online/en/home/policy/policies/e/ethicsadvplan.html)

**Main steps of the process:**

* Name someone Power of Attorney and complete form
* Describe your individual care instructions (living will, advance directives, DNR orders, organ donation, etc) completing California form
* Sign and complete forms with Notary, give copies to family and doctor

**What you need to do as a provider:**

* Educate Yourself: <http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=429>
* Provide Forms to your patients
* Have a system for putting directives into the medical record

**CALIFORNIA FORMS:**

* + Institute for Health Advancement: easy to read/follow form in **different languages** for state of California
    - <http://www.iha4health.org/default.aspx?MenuItemID=266&&AspxAutoDetectCookieSupport=1>
    - Copy of the form in English <http://sgec.stanford.edu/resources/forms/Advance_Directive_EN.pdf>
  + National Hospice and Palliative Care Organization (NHPCO): more comprehensive step by step form
    - <http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>
  + Five Wishes Aging with Dignity form: includes more after death wishes, etc
    - http://www.agingwithdignity.org/forms/5wishes.pdf

**Resources:**

* For Providers & Patients
  + Family Caregiver Alliance National Center on Caregiving – California: wonderful Q&A on the components of the Advanced Health Care Directive (see attached document), includes list of California resources
    - <http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=429>
  + [www.familydoctor.org](http://www.familydoctor.org) : variety of easy-to-read patient handouts on advanced directives
    - <http://familydoctor.org/familydoctor/en/healthcare-management/end-of-life-issues/advance-directives-and-do-not-resuscitate-orders.html>
  + [www.Aarp.org](http://www.Aarp.org) : provides videos, articles and educational pieces for patients regarding the broad spectrum of end of life/care issues