

## **Instructions for Completing Your Advance Health Care Directive**

### **Page One**

PART 1: You must fill in your name, address and date of birth

“Optional”: If this section should not apply to you, cross it out.

PRIMARY and ALTERNATE AGENTS: It is a good idea to have a back-up for your primary agent.

### **Page Two**

WHAT MY AGENT MAY DO: This section describes what California law allows a health care agent to do. Initial this section to show that you are aware of what the law allows your agent to do.

WHAT MY AGENT MUST DO: This section also outlines what is expected of a health care agent under California law.

EXCLUDED individuals(s): If there is someone who should NOT be allowed to influence your agent, put that name here and initial it.

AFTER MY DEATH: This section clarifies that California law allows the health care agent to make decisions about what happens to your remains (your body) after your death. If you have opinions that you want to have known by your agent about what you want or don't want done after your death, write them here or write “attached” and put those instructions on another page.

**Page Two**, “PART 2”: Initial each section if you agree. If you disagree, draw a line through the section.

### **Page Three:**

“DNR ORDER”: The “Prehospital Do Not Resuscitate Form” is a separate document. Initial here only if you have completed such a form in order to forego CPR.

PART 3: Sign it in the presence of your witnesses, notary, or ombudsman.

### **Page Four:**

If you have witnesses instead of a Notary, be sure your witnesses read the part that starts with “I DECLARE UNDER PENALTY OF PERJURY...” and the part that says “ONE OF THE PRECEDING...”

**What to do with it when it is finished ?** (see other side)

## **What to do with it when it is finished ?**

Review the document

Check the shaded areas – have you completed all the necessary signatures and initialing?

Make at least 7 copies; Keep the original yourself

Copies go

To your agent and alternate agents

To your health care medical records department and your MD

Into the glove compartment of each car

To your chart whenever you are admitted to hospital or rehab.