



HOSPICE OF THE WESTERN RESERVE

Courage in Conversation: A Personal Guide

Advance Care Planning for Health Care Decision Making



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Advance care planning for healthcare decision making does not happen overnight. It takes thought, emotional readiness and time to sort out the options and ready oneself for this serious undertaking. Sharing your choices through conversation is an important first step. In the long run, the conversations will be the greatest gift to those you love, giving them the confidence to act knowingly on your behalf and the comfort of knowing that your wishes will be honored.

Foreword



According to several scientific opinion polls, most Americans know what they want to avoid at the end of life. When asked to envision how they see their dying, they are very clear about certain things. People report that they do not want to be:

- ***Alone***
- ***In Pain***
- ***Ventilated***
- ***Afraid***
- ***Intubated***
- ***Resuscitated***

Moreover, they want to die at home and not in an institution. These wishes are reflected in over 90% of our population. The unfortunate reality is in stark contrast to this aspiration. More than 75% of us currently die in institutional settings, including more than 50% in hospitals and about 24% in nursing homes.

Furthermore, polls indicate that people believe their loved ones will make sure that their wishes will be met, although fewer than 15% have ever discussed their requests with anyone.

Although we strongly support the development of advance directives in the form of living wills and durable powers of attorney for health care, it has become evident that these alone are not sufficient to assure that one's requests will be realized. We believe that in addition to the *advance directives*, the availability of an *advocate* is the best assurance that one's wishes will not be ignored.

Advocates may be family members, friends or professionals such as attorneys or health care providers. Advocates should be identified in

and authorized through the *advance directives*. However, the most important aspect in assuring effective advocacy is for the advocate to know your health care choices. This provides for confident, informed and competent representation for you when you may not be able to express your own wishes.

We are convinced that taking control of your future will be best achieved through conversations based on the concepts in this guide.

It takes *courage* to have these *conversations*. Death may be an uncomfortable topic, but there is a good time to bring it up – that is well before its reality is upon us. Talking about how we want to live as we approach death and communicating our wishes for end-of-life care will ease the strain for loved ones when the time comes.

This booklet is about having an open dialogue with your loved ones. While it is intended to guide you in creating documents that will clarify your health care decisions, do not construe this document as legal advice. While not required, you might consider consulting with an attorney as part of the process. All of this information can be found at hospicewr.org/planning.

We hope that you find it useful and that it assists you in arming yourself with the most effective assurance in these matters. We hope that it leads you to successful courageous conversations.



Getting Started

There are a few points to consider as you begin this process. The most important thing is that you are well on your way.

Planning Have a plan as to how you will share your wishes. Will you have things written down? With whom will you be talking?

Environment Creating an environment that is conducive to listening is very important. It is usually helpful to sit down with your loved ones and try to be at the same eye level.

Information It may be necessary to give the information in small segments. Avoid apologizing for the information you are sharing; these are your wishes.

Time Allow time for your loved ones to process information and respond. This is one of the most important things you can do. They may have questions or feelings to share with you.

Next Steps Begin to plan your next steps. These may include discussing resources to help support your loved ones, funeral arrangements, financial arrangements or simply stating where your documents will be stored.

Sharing your choices through conversation may be challenging. It is, however, important to be sure your loved ones understand your wishes and are willing and able to speak on your behalf at a most difficult time. The more information you provide, the more guidance they receive.

About Advance Directives

Many people assume that their financial power of attorney can make health care decisions for them. However, it is necessary to appoint a **Health Care Power of Attorney** who may or may not be the same individual. If you are not able to communicate due to serious injury or illness your loved ones will need to rely on your instructions, which will be contained in documents known as your *advance directives*.

Written *advance directives* help others accurately remember your wishes and may consist of:

- **Health Care Power of Attorney:** you appoint someone else to make health care decisions for you if you are unable to do so. This *does not* apply to finances.
- **A Living Will:** provides a narrow set of instructions about care at the end of life.

But remember, as long as you are capable of making your own decisions, you remain in control of your own medical care. In the event that you are unable to speak on your own behalf, the *advance directive* would guide decision making.

The following questions and answers may assist you.

Q: If I have a Health Care Power of Attorney, do I need a Living Will too?

A: Many people want to have both documents because they can address different aspects of your medical care. In a Living Will you are able to state your wishes in regards to life-sustaining medical treatments if you are at the end of life and unable to communicate. A Health Care Power of Attorney gives you the opportunity to appoint someone you trust to make medical treatment decisions for you in the event you are unable to make or communicate them yourself.

Q: Who should I choose as my agent?

A: Choose someone you trust. They may be a family member or close friend. It is important that he or she understands your wishes and is willing to act on your behalf.

Q: Is it possible to request that food and water administered by IVs (intravenous tubes) be withheld or withdrawn?

A: Yes. In your *advance directive* you can state a specific request to have artificially administered food withheld or withdrawn.

Q: How can I address organ donation in my advance directive?

A: You may state your wishes in the document. You also need to complete an organ donor card. Be sure to share this request with your loved ones.

Q: What other documents might I need?

A: Financial planners and estate planning attorneys recommend completing health care *advance directives* along with your **financial documents such as trusts, last will and testament, and financial power of attorney.**

Q: When can I change my *advance directive*? How long is it effective?

A: You may change or revoke your documents at any time. It is recommended that you review the directive when you have a change in your health status. Documents are effective for your lifetime unless you change or revoke them.

Q: Where should I keep my *advance directive*?

A: You should keep your *advance directive* documents in a safe place, making certain your loved ones know of this location. Make copies for the agent named in your Health Care Power of Attorney and other key individuals in your life (i.e., physician, clergy, attorney, loved ones). Have your physician make it a part of your permanent medical record. Some people, if they are able, choose to bring a copy with them when they are hospitalized.

Q: What if I choose not to have an *advance directive*?

A: You put others in the uncomfortable position of making decisions for you, without the knowledge of knowing what you would have wanted.

Achieving Courage in Conversation

Just imagine. You have made choices to assist your loved ones in caring for you, and in doing so, have most likely gained a sense of control that you were not expecting. Your conversations with those you trust may not feel courageous but they are indeed. Why? Because by talking about your wishes you are confronting one of life's most difficult moments and that is achieving *courage in conversation*.

Hospice of the Western Reserve has a team of professionals that can assist you and your loved ones when time is limited due to a life-limiting illness. We can walk with you every step of the way, providing assistance in making your decisions regarding *advance directives* for care at end of life.

What is Hospice

Hospice is a concept of compassionate care and support for seriously ill people. Working closely with our patients, their loved ones, and their doctors, the hospice team develops a care plan that focuses on pain and symptoms, emotional support, and spiritual care needs.

Care should be sought soon rather than later in the course of a serious or terminal illness—not just the last days or weeks of life—to benefit from the full realm of services including:

- 24-hour telephone access to services and support
- Medical equipment, tests, procedures, medications and treatments necessary to make our patients comfortable
- Nursing care and instruction for caregiver and loved ones
- Pain management and symptom control
- Counseling and social work services
- Expressive therapies, including art and music therapy for patients and family members
- Massage therapy for patients and family members
- State-tested nursing assistants to help with personal care
- Volunteer supportive visits
- Spiritual care
- Palliative care for those not ready for hospice care
- Bereavement services for more than a year following the loss of a loved one

Why Choose Hospice of the Western Reserve

As a nationally recognized non-profit hospice, Hospice of the Western Reserve serves patients of all ages, including children, wherever they are. We offer first-class services, unmatched by other hospice providers, with more offices close to you and your loved ones.

We believe the only way to enhance your quality of life is by starting with superior quality of care. Our staff represents the most experienced and well-trained professionals in end-of-life care, with over 3,000 collective years of hospice experience. We employ more nurses who have obtained the distinctive credential as a Certified Hospice and Palliative Care Nurse (CHPN), and more physicians board certified in hospice and palliative care than any other hospice program in Northeast Ohio.

Choosing the right hospice provider for you or your loved one is one of the most important decisions you will ever have to make. We know you have choices but if excellence, comfort and commitment are important to you, then we are your hospice of choice.

How to Choose Hospice of the Western Reserve

Family members, neighbors and patients themselves can call Hospice of the Western Reserve to start services or simply inquire about services available. Physicians, social workers and nurses often assist family members by initiating the call. Early referrals are encouraged so that patients and their families can receive all the benefits of our care.

To begin the referral process, call **800.707.8921** or fill out our online referral form.



PREPARING FOR THE CONVERSATION

Defining your wishes for end-of-life care

It is important to give careful consideration for your choices in care. Although not a legal document, use this worksheet to help you define those choices in preparation for your “*Courage in Conversation*.”

1. My Quality of Life

I would like my doctor to try treatments that may restore an acceptable quality of life so that I may do what I feel is important and necessary. On a scale of 1 to 5, with 1 being very important and 5 not important to me, I rate these issues, which define my quality of life:

(Please check one)

- Being able to recognize my family and friends..... ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- Being able to communicate with them and knowing I am understood..... ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- Having the ability to think clearly ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- Being free from pain ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- Being free from symptoms most of the time (nausea, diarrhea, shortness of breath) ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- Being able to eat and drink ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- Being able to control my bladder and bowels..... ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- Being able to live in my own home..... ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. My Prognosis

If I was very ill and told there was little chance that I would live much longer, it is important that I be able to:

(Please circle one)

Continue with all possible treatments in the hope that a miracle might happen to restore my health Yes No Unsure

Be allowed to die with dignity and given medications to alleviate any pain or discomfort I might have Yes No Unsure

If I were in a coma and my doctors thought there was little hope for regaining consciousness, I would like to:

(Please circle one)

Be kept alive indefinitely in the hope that future medical advancements would restore my health..... Yes No Unsure

Have all treatment discontinued, and no new treatment started... Yes No Unsure



3. Treatments

These are my choices on possible treatments that can be administered if I should have a terminal illness, dementia or serious stroke or in a coma:

(Please circle one)

Surgery.....	Yes	No	Unsure
CPR to start my heart or breathing if either should stop	Yes	No	Unsure
Medicine for infections (antibiotics)	Yes	No	Unsure
Kidney dialysis	Yes	No	Unsure
A respirator or ventilator to breath for me	Yes	No	Unsure
Food or water through a tube in my vein, nose or stomach.....	Yes	No	Unsure
Blood transfusions.....	Yes	No	Unsure

4. The End of the Journey

My last days are an important time to say, "I love you" "Thank you" and "Goodbye." On a scale of 1 to 5, with 1 being very important and 5 not important to me, I rate these issues, which define how I would like to spend those days:

(Please check one)

At home	1	2	3	4	5
In a hospital.....	1	2	3	4	5
Surrounded by family and friends	1	2	3	4	5
Free from pain and discomfort	1	2	3	4	5
Being alert, even if I might be in pain	1	2	3	4	5
Having time with my pastor, rabbi, priest or other spiritual advisor	1	2	3	4	5
Having time to address forgiveness, gratitude and love	1	2	3	4	5

Now that you have completed this worksheet, which helps to define your health care decisions, share your wishes with the person you've chosen to be your health care advocate as identified in your health care power of attorney document, as well as other loved ones and your trusted advisors (medical, legal and financial professionals).

☐ **I realize that this is not a legal document, but a tool to help clarify my wishes.**

Signature

Date



Legal Advance Directive Documents for Ohio

Each state has its own advance directive documents. You must use the documents for the state in which you live. State documents can be found at **www.caringinfo.org/stateaddownload**.

State of Ohio

Living Will Declaration

Notice to Declarant

The purpose of this Living Will Declaration is to document your wish that life-sustaining treatment, including artificially or technologically supplied nutrition and hydration, be withheld or withdrawn if you are unable to make informed medical decisions and are in a terminal condition or in a permanently unconscious state. This Living Will Declaration does not affect the responsibility of health care personnel to provide comfort care to you. Comfort care means any measure taken to diminish pain or discomfort, but not to postpone death.

If you would not choose to limit any or all forms of life-sustaining treatment, including CPR, you have the legal right to so choose and may wish to state your medical treatment preferences in writing in a different document.

Under Ohio law, a Living Will Declaration is applicable **only to individuals in a terminal condition or a permanently unconscious state**. If you wish to direct medical treatment in other circumstances, you should prepare a Health Care Power of Attorney. If you are in a terminal condition or a permanently unconscious state, this Living Will Declaration takes precedence over a Health Care Power of Attorney.

[You should consider completing a new Living Will Declaration if your medical condition changes or if you later decide to complete a Health Care Power of Attorney. If you have both a Living Will Declaration and a Health Care Power of Attorney, you should keep copies of these documents together. Bring your document(s) with you whenever you are a patient in a health care facility or when you update your medical records with your physician.]



Ohio

Living Will Declaration

[R.C. §2133]

(Print Full Name)

(Birth Date)

This is my Living Will Declaration. I revoke all prior Living Will Declarations signed by me. I understand the nature and purpose of this document. If any provision is found to be invalid or unenforceable, it will not affect the rest of this document.

I am of sound mind and not under or subject to duress, fraud or undue influence. I am a competent adult who understands and accepts the consequences of this action. I voluntarily declare my direction that my dying not be artificially prolonged. [R.C. §2133.02 (A)(1)]

I intend that this Living Will Declaration will be honored by my family and physicians as the final expression of my legal right to refuse certain health care. [R.C. §2133.03(B)(2)]

Definitions

Adult means a person who is 18 years of age or older.

Agent or attorney-in-fact means a competent adult who a person (the “principal”) can name in a Health Care Power of Attorney to make health care decisions for the principal.

Anatomical gift means a donation of part or all of a human body to take effect after the donor’s death for the purpose of transplantation, therapy, research or education.

Artificially or technologically supplied nutrition or hydration means food and fluids provided through intravenous or tube feedings. *[You can refuse or discontinue a feeding tube, or authorize your Health Care Power of Attorney agent to refuse or discontinue artificial nutrition or hydration.]*

Comfort care means any measure, medical or nursing procedure, treatment or intervention, including nutrition and or hydration, that is taken to diminish a patient’s pain or discomfort, but not to postpone death.

CPR means cardiopulmonary resuscitation, one of several ways to start a person’s breathing or heartbeat once either has stopped. It does not include clearing a person’s airway for a reason other than resuscitation.

Declarant means the person signing the Living Will Declaration.

Do Not Resuscitate or DNR Order means a physician's medical order that is written into a patient's record to indicate that the patient should not receive cardiopulmonary resuscitation.

Health care means any care, treatment, service or procedure to maintain, diagnose or treat an individual's physical or mental health.

Health care decision means giving informed consent, refusing to give informed consent, or withdrawing informed consent to health care.

Health Care Power of Attorney means a legal document that lets the principal authorize an agent to make health care decisions for the principal in most health care situations when the principal can no longer make such decisions. Also, the principal can authorize the agent to gather protected health information for and on behalf of the principal immediately or at any other time. A Health Care Power of Attorney is NOT a financial power of attorney.

The Health Care Power of Attorney document also can be used to nominate person(s) to act as guardian of the principal's person or estate. Even if a court appoints a guardian for the principal, the Health Care Power of Attorney remains in effect unless the court rules otherwise.

Life-sustaining treatment means any medical procedure, treatment, intervention or other measure that, when administered to a patient, mainly prolongs the process of dying.

Living Will Declaration means a legal document that lets a competent adult ("declarant") specify what health care the declarant wants or does not want when he or she becomes terminally ill or permanently unconscious and can no longer make his or her wishes known. It is NOT and does not replace a will, which is used to appoint an executor to manage a person's estate after death.

Permanently unconscious state means an irreversible condition in which the patient is permanently unaware of himself or herself and surroundings. At least two physicians must examine the patient and agree that the patient has totally lost higher brain function and is unable to suffer or feel pain.

Principal means a competent adult who signs a Health Care Power of Attorney.

Terminal condition means an irreversible, incurable, and untreatable condition caused by disease, illness, or injury from which, to a reasonable degree of medical certainty as determined in accordance with reasonable medical standards by a declarant's attending physician and one other physician who has examined the declarant, both of the following apply: (1) there can be no recovery and (2) death is likely to occur within a relatively short time if life-sustaining treatment is not administered.

No Expiration Date. This Living Will Declaration will have no expiration date. However, I may revoke it at any time. [R.C. §2133.04(A)]

Copies the Same as Original. Any person may rely on a copy of this document. [R.C. §2133.02(C)]

Out of State Application. I intend that this document be honored in any jurisdiction to the extent allowed by law. [R.C. §2133.14]

I have completed a **Health Care Power of Attorney**: Yes _____ No _____

Notifications. *[Note: You do not need to name anyone. If no one is named, the law requires your attending physician to make a reasonable effort to notify one of the following persons in the order named: your guardian, your spouse, your adult children who are available, your parents, or a majority of your adult siblings who are available.]*

In the event my attending physician determines that life-sustaining treatment should be withheld or withdrawn, my physician shall make a reasonable effort to notify one of the persons named below, in the following order of priority *[cross out any unused lines]*: [R.C. §2133.05(2)(a)]

X out area if not used	First contact's name and relationship: _____
	Address: _____
	Telephone number(s): _____
	Second contact's name and relationship: _____
	Address: _____
	Telephone number(s): _____
	Third contact's name and relationship: _____
	Address: _____
	Telephone number(s): _____

If I am in a **TERMINAL CONDITION** and unable to make my own health care decisions, OR if I am in a **PERMANENTLY UNCONSCIOUS STATE** and there is no reasonable possibility that I will regain the capacity to make informed decisions, then I direct my physician to let me die naturally, providing me only with **comfort care**.

For the purpose of providing comfort care, I authorize my physician to:

1. Administer no life-sustaining treatment, including CPR;
2. Withhold or withdraw artificially or technologically supplied nutrition or hydration, provided that, if I am in a permanently unconscious state, I have authorized such withholding or withdrawal under **Special Instructions** below and the other conditions have been met;
3. Issue a DNR Order; and
4. Take no action to postpone my death, providing me with only the care necessary to make me comfortable and to relieve pain.

Special Instructions.



By placing my initials, signature, check or other mark in this box, I specifically authorize my physician to withhold, or if treatment has commenced, to withdraw, consent to the provision of artificially or technologically supplied nutrition or hydration if I am in a permanently unconscious state AND my physician and at least one other physician who has examined me have determined, to a reasonable degree of medical certainty, that artificially or technologically supplied nutrition and hydration will not provide comfort to me or relieve my pain. [R.C. §2133.02(A)(3) and R.C. §2133.08]

Additional instructions or limitations.

*[If the space below is not sufficient, you may attach additional pages.
If you do not have any additional instructions or limitations, write "None" below.]*



[The "anatomical gift" language provided below is required by ORC §2133.07(C). Donate Life Ohio recommends that you indicate your authorization to be an organ, tissue or cornea donor at the Ohio Bureau of Motor Vehicles when receiving a driver license or, if you wish to place restrictions on your donation, on a Donor Registry Enrollment Form (attached) sent to the Ohio Bureau of Motor Vehicles.]

[If you use this living will to declare your authorization, indicate the organs and/or tissues you wish to donate and cross out any purposes for which you do not authorize your donation to be used. Please see the attached Donor Registry Enrollment Form for help in this regard. In all cases, let your family know your declared wishes for donation.]

ANATOMICAL GIFT (optional)

Upon my death, the following are my directions regarding donation of all or part of my body:
In the hope that I may help others upon my death, I hereby give the following body parts:
[Check all that apply.]

☐ All organs, tissue and eyes for any purposes authorized by law.

OR

- | | | | |
|---------------------------------------|-------------------------------------|---|---|
| ☐ Heart | ☐ Lungs | ☐ Liver (and associated vessels) | ☐ Pancreas/Islet Cells |
| ☐ Small Bowel | ☐ Intestines | ☐ Kidneys (and associated vessels) | ☐ Eyes/Corneas |
| ☐ Heart Valves | ☐ Bone | ☐ Tendons | ☐ Ligaments |
| ☐ Veins | ☐ Fascia | ☐ Skin | ☐ Nerves |

For the following purposes authorized by law:

☐ All purposes ☐ Transplantation ☐ Therapy ☐ Research ☐ Education

If I do not indicate a desire to donate all or part of my body by filling in the lines above, no presumption is created about my desire to make or refuse to make an anatomical gift.

SIGNATURE of DECLARANT

I understand that I am responsible for telling members of my family, the agent named in my Health Care Power of Attorney (if I have one), my physician, my lawyer, my religious advisor and others about this Living Will Declaration. I understand I may give copies of this Living Will Declaration to any person.

I understand that I must sign (or direct an individual to sign for me) this Living Will Declaration and state the date of the signing, and that the signing either must be witnessed by two adults who are eligible to witness the signing OR the signing must be acknowledged before a notary public. [R.C. §2133.02]

I sign my name to this Living Will Declaration

on _____, 20____, at _____, Ohio.

Declarant

[Choose Witnesses OR a Notary Acknowledgment.]

WITNESSES [R.C. §2133.02(B)(1)]

[The following persons CANNOT serve as a witness to this Living Will Declaration:

- *Your agent in your Health Care Power of Attorney, if any;*
- *The guardian of your person or estate, if any;*

- Any alternate agent or guardian, if any;
- Anyone related to you by blood, marriage or adoption (for example, your spouse and children);
- Your attending physician; and
- The administrator of the nursing home where you are receiving care.]

I attest that the Declarant signed or acknowledged this Living Will Declaration in my presence, and that the Declarant appears to be of sound mind and not under or subject to duress, fraud or undue influence.

_____/_____/_____
 Witness One's Signature Witness One's Printed Name Date

 Witness One's Address

_____/_____/_____
 Witness Two's Signature Witness Two's Printed Name Date

 Witness Two's Address

OR, if there are no witnesses,

NOTARY ACKNOWLEDGMENT [R.C. §2133.02(B)(2)]

State of Ohio

County of _____ ss.

On _____, 20____, before me, the undersigned notary public, personally appeared _____, declarant of the above Living Will Declaration, and who has acknowledged that (s)he executed the same for the purposes expressed therein. I attest that the declarant appears to be of sound mind and not under or subject to duress, fraud or undue influence.

 Notary Public

My Commission Expires: _____

My Commission is Permanent: _____

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Notes

State of Ohio

Donor Registry Enrollment Form

Notice to Declarant

The purpose of the Donor Registry Enrollment Form is to document your wish to donate organs, tissues and/or corneas at the time of your death.

This form should be completed only if you have **NOT** already registered as a donor with the Ohio Bureau of Motor Vehicles (BMV) when renewing a driver license or state identification card; online through the BMV website; or previously through a paper form. If you wish to make an anatomical gift or modify an existing registration this form must be sent to the BMV to ensure your wishes for organ, tissue and/or cornea donation will be honored. This document will serve as your authorization to recover the organs, tissue and/or corneas indicated at the time of your death, if medically possible.

In submitting this form your wishes will be recorded in the Ohio Donor Registry maintained by the BMV and will be accessible only to the appropriate organ, tissue and cornea recovery agencies at the time of death. You are encouraged to share your wishes with your next of kin so they are aware of your intentions to be a donor.

This form can also be used to amend or revoke your wishes for donation. The completed form should be mailed to:

Ohio Bureau of Motor Vehicles
Attn: Records Request
P. O. Box 16583
Columbus, OH 43216-6583

Frequently asked questions about organ, tissue and cornea donation are addressed on page three of this section. If you have more specific questions, contact information for the state's organ and tissue recovery agencies is also listed, and you are encouraged to contact them or visit their websites.

If you have NOT already registered as a donor with the Ohio Bureau of Motor Vehicles (BMV) when renewing a driver license or state ID, the Ohio Donor Registry Form must be filed with the BMV to ensure your wishes concerning organ and tissue donation will be honored. This document will serve as your authorization to recover the organs and/or tissues indicated at the time of your death, if medically possible. In submitting this form, your wishes will be recorded in the Ohio Donor Registry maintained by the BMV and will be accessible only to the appropriate organ and tissue recovery agencies at the time of death. Be sure to share your wishes with loved ones so they are aware of your intentions. This form can also be used to amend or revoke your wishes for donation.

Ohio Bureau of Motor Vehicles
Attn: Records Request
P.O. Box 16583
Columbus, OH 43216-6583

LAST NAME	FIRST	MIDDLE
MAILING ADDRESS		
CITY	STATE	ZIP
PHONE () - / / /	DATE OF BIRTH / / /	STATE OF OHIO DL/ID CARD # OR SOCIAL SECURITY #

☐ Upon my death, I make an anatomical gift of my organs, tissues, and eyes for any purpose authorized by law.

Education

☐ Please take me out of the Ohio Donor Registry.

DATE

X

Organ and Tissue Donation in Ohio

One individual can save or improve the quality of life for people who suffer from organ failure, congenital defects, bone cancer, orthopedic injuries, burns, blindness and more. One organ donor can save up to 8 lives by donating heart, lungs, kidneys, pancreas, small intestine and liver. More than 123,000 Americans are on the national waiting list for a life-saving organ transplant; 3,400 in Ohio. Statistically, 18 people in the U.S. die every day while waiting for transplants. If you register as a donor, be sure to share the decision with your family members.

Who can become a donor? All individuals over the age of 15½ can register and give advance authorization for donation. Medical suitability for donation is determined at the time of death. If a minor dies before the age of 18, a parent can amend or revoke the donation decision.

Are there age limits for donors? People of all ages and medical histories should consider themselves potential donors. Newborns as well as senior citizens have been organ donors. Medical condition at the time of death will determine what organs and tissues can be donated.

If I join the Donor Registry, will it affect the quality of medical care I receive at the hospital? No, doctors at hospitals are concerned with caring for the patient in front of them and are not involved with donation and transplantation. Every effort is made to save your life before donation is considered.

Will donation disfigure my body? Can there be an open casket funeral? Donation does not disfigure the body and does not interfere with or delay a funeral, including open casket services.

Are there any costs to my family for donation? The donor's family does NOT pay for the cost of the donation. All costs related to donation of organs, eyes and tissues are paid by the designated recovery agency.

Does my religion approve of donation? All major religions support organ, eye and tissue donation as an unselfish act of charity.

Can I sell my organs? No. The National Organ Transplant Act makes it illegal to sell human organs and tissue. Violators are subject to fines and imprisonment. Among the reasons for this rule is the concern of Congress that buying and selling of organs might lead to inequitable access to donor organs, with the wealthy having an unfair advantage.

How are organs distributed? Donor organs are matched to recipients through a federally-regulated system based on a number of factors including blood type, body size, medical urgency, time on waiting list and geographical location.

Can I be an organ and tissue donor and also donate my body to science? Total body donation takes precedence over organ and tissue donation. If you wish to donate your entire body, you must make arrangements with a medical school or research facility prior to your death. Medical schools, research facilities and other agencies study bodies to gain greater understanding of anatomy and disease mechanisms in humans. This research is also vital to saving and improving lives.

Does the registry authorize living donation? No, living donation is not authorized by the registry. It is possible to donate a kidney, or part of a liver or lung while alive, but that is arranged on an individual basis through specific transplant centers.

For more information on donation, contact one of the state's four federally designated organ procurement organizations:

Northeastern Ohio LifeBanc www.lifebanc.org 216.752.5433	Western Ohio Life Connection of Ohio www.lifeconnectionofohio.org 937.223.8223	Central and Southeastern Ohio Lifeline of Ohio www.lifelineofohio.org 800.525.5667	Southwestern Ohio LifeCenter www.lifepassiton.org 513.558.5555
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State of Ohio Advance Directives:

Health Care Power of Attorney

Living Will Declaration

I have completed a **Health Care Power of Attorney**: Yes _____ No _____.

I have added special notes to my Health Care Power of Attorney: Yes _____ No _____.

I have included **Nomination of Guardian(s)** on my Health Care Power of Attorney:

Yes _____ No _____.

I have completed a **Living Will Declaration**: Yes _____ No _____.

I have added special instructions to my Living Will Declaration: Yes _____ No _____.

[NOTE: Whenever you sign a new advance directive document, it automatically will revoke prior similar documents unless you provide otherwise. [R.C. §1337.14 and R.C. §2133.04 (C)]

[NOTE: If you make changes to an advance directive, remember to make similar changes to your other advance directives.]



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State of Ohio Health Care Power of Attorney

[R.C. §1337]

(Print Full Name)

(Birth Date)

This is my Health Care Power of Attorney. I revoke all prior Health Care Powers of Attorney signed by me. I understand the nature and purpose of this document. If any provision is found to be invalid or unenforceable, it will not affect the rest of this document.

I understand that my agent can make health care decisions for me only whenever my attending physician has determined that I have lost the capacity to make informed health care decisions. However, this does not require or imply that a court must declare me incompetent.

Definitions

Adult means a person who is 18 years of age or older.

Agent or attorney-in-fact means a competent adult who a person (the “principal”) can name in a Health Care Power of Attorney to make health care decisions for the principal.

Artificially or technologically supplied nutrition or hydration means food and fluids provided through intravenous or tube feedings. *[You can refuse or discontinue a feeding tube or authorize your Health Care Power of Attorney agent to refuse or discontinue artificial nutrition or hydration.]*

Bond means an insurance policy issued to protect the ward’s assets from theft or loss caused by the Guardian of the Estate’s failure to properly perform his or her duties.

Comfort care means any measure, medical or nursing procedure, treatment or intervention, including nutrition and/or hydration, that is taken to diminish a patient’s pain or discomfort, but not to postpone death.

CPR means cardiopulmonary resuscitation, one of several ways to start a person’s breathing or heartbeat once either has stopped. It does not include clearing a person’s airway for a reason other than resuscitation.

Do Not Resuscitate or DNR Order means a physician’s medical order that is written into a patient’s record to indicate that the patient should not receive cardiopulmonary resuscitation.



Guardian means the person appointed by a court through a legal procedure to make decisions for a ward. A **Guardianship** is established by such court appointment.

Health care means any care, treatment, service or procedure to maintain, diagnose or treat an individual's physical or mental health.

Health care decision means giving informed consent, refusing to give informed consent, or withdrawing informed consent to health care.

Health Care Power of Attorney means a legal document that lets the principal authorize an agent to make health care decisions for the principal in most health care situations when the principal can no longer make such decisions. Also, the principal can authorize the agent to gather protected health information for and on behalf of the principal immediately or at any other time. A Health Care Power of Attorney is NOT a financial power of attorney.

The Health Care Power of Attorney document also can be used to nominate person(s) to act as guardian of the principal's person or estate. Even if a court appoints a guardian for the principal, the Health Care Power of Attorney remains in effect unless the court rules otherwise.

Life-sustaining treatment means any medical procedure, treatment, intervention or other measure that, when administered to a patient, mainly prolongs the process of dying.

Living Will Declaration means a legal document that lets a competent adult ("declarant") specify what health care the declarant wants or does not want when he or she becomes terminally ill or permanently unconscious and can no longer make his or her wishes known. It is NOT and does not replace a will, which is used to appoint an executor to manage a person's estate after death.

Permanently unconscious state means an irreversible condition in which the patient is permanently unaware of himself or herself and surroundings. At least two physicians must examine the patient and agree that the patient has totally lost higher brain function and is unable to suffer or feel pain.

Principal means a competent adult who signs a Health Care Power of Attorney.

Terminal condition means an irreversible, incurable, and untreatable condition caused by disease, illness, or injury from which, to a reasonable degree of medical certainty as determined in accordance with reasonable medical standards by a principal's attending physician and one other physician who has examined the principal, both of the following apply: (1) there can be no recovery and (2) death is likely to occur within a relatively short time if life-sustaining treatment is not administered.

Ward means the person the court has determined to be incompetent. The ward's person, financial estate, or both, is protected by a guardian the court appoints and oversees.

Naming of My Agent. The person named below is my agent who will make health care decisions for me as authorized in this document.

Agent's name and relationship: _____

Address: _____

Telephone number(s): _____



By placing my initials, signature, check or other mark in this box, I specifically authorize my agent to obtain my protected health care information immediately and at any future time.

Guidance to Agent. My agent will make health care decisions for me based on my instructions in this document and my wishes otherwise known to my agent. If my agent believes that my wishes conflict with what is in this document, this document will take precedence. If there are no instructions and if my wishes are unclear or unknown for any particular situation, my agent will determine my best interests after considering the benefits, the burdens and the risks that might result from a given decision. If no agent is available, this document will guide decisions about my health care.

Naming of alternate agent(s). If my agent named above is not immediately available or is unwilling or unable to make decisions for me, then I name, in the following order of priority, the persons listed below as my alternate agents *[cross out any unused lines]*:

X out area if not used

First alternate agent's name and relationship: _____

Address: _____

Telephone number(s): _____

Second alternate agent's name and relationship: _____

Address: _____

Telephone number(s): _____

Any person can rely on a statement by any alternate agent named above that he or she is properly acting under this document and such person does not have to make any further investigation or inquiry.

Authority of Agent. Except for those items I have crossed out and subject to any choices I have made in this Health Care Power of Attorney, my agent has full and complete authority to make all health care decisions for me. This authority includes, but is not limited to, the following:

1. To consent to the administration of pain-relieving drugs or treatment or procedures (including surgery) that my agent, upon medical advice, believes may provide comfort to me, even though such drugs, treatment or procedures may hasten my death.
2. If I am in a terminal condition and I do not have a Living Will Declaration that addresses treatment for such condition, to make decisions regarding life-sustaining treatment, including artificially or technologically supplied nutrition or hydration.
3. To give, withdraw or refuse to give informed consent to any health care procedure, treatment, interventions or other measure.
4. To request, review and receive any information, verbal or written, regarding my physical or mental condition, including, but not limited to, all my medical and health care records.
5. To consent to further disclosure of information and to disclose medical and related information concerning my condition and treatment to other persons.
6. To execute for me any releases or other documents that may be required in order to obtain medical and related information.
7. To execute consents, waivers and releases of liability for me and for my estate to all persons who comply with my agent's instructions and decisions. To indemnify and hold harmless, at my expense, any person who acts while relying on this Health Care Power of Attorney. I will be bound by such indemnity entered into by my agent.
8. To select, employ and discharge health care personnel and services providing home health care and the like.
9. To select, contract for my admission to, transfer me to or authorize my discharge from any medical or health care facility, including, but not limited to, hospitals, nursing homes, assisted living facilities, hospices, adult homes and the like.
10. To transport me or arrange for my transportation to a place where this Health Care Power of Attorney is honored, if I am in a place where the terms of this document are not enforced.
11. To complete and sign for me the following:
 - Consents to health care treatment, or to the issuing of Do Not Resuscitate (DNR) Orders or other similar orders; and
 - Requests to be transferred to another facility, to be discharged against health care advice, or other similar requests; and
 - Any other document desirable or necessary to implement health care decisions that my agent is authorized to make pursuant to this document.

Special Instructions. *[These instructions apply only if I DO NOT have an active Living Will Declaration.]*



By placing my initials, signature, check or other mark in this box, I specifically authorize my agent to refuse or, if treatment has started, to withdraw consent to, the provision of artificially or technologically supplied nutrition or hydration if I am in a permanently unconscious state AND my physician and at least one other physician who has examined me have determined, to a reasonable degree of medical certainty, that artificially or technologically supplied nutrition and hydration will not provide comfort to me or relieve my pain.

[R.C. §1337.13(E)(2)(a) and (b)]

Limitations of Agent's Authority. I understand there are limitations to the authority of my agent under Ohio law:

1. My agent does not have authority to refuse or withdraw informed consent to health care necessary to provide comfort care.
2. My agent does not have the authority to refuse or withdraw informed consent to health care if I am pregnant, if the refusal or withdrawal of the health care would terminate the pregnancy, unless the pregnancy or the health care would pose a substantial risk to my life, or unless my attending physician and at least one other physician to a reasonable degree of medical certainty determines that the fetus would not be born alive.
3. My agent cannot order the withdrawal of life-sustaining treatment, including artificially or technologically supplied nutrition or hydration, unless I am in a terminal condition or in a permanently unconscious state and two physicians have determined that life-sustaining treatment would not or would no longer provide comfort to me or alleviate my pain.
4. If I previously consented to any health care, my agent cannot withdraw that treatment unless my condition has significantly changed so that the health care is significantly less beneficial to me, or unless the health care is not achieving the purpose for which I chose the health care.

Additional Instructions or Limitations. I may give additional instructions or impose additional limitations on the authority of my agent. Below are my specific instructions or limitations:

[If the space below is not sufficient, you may attach additional pages. If you do not have any additional instructions or limitations, write "None" below.]

NOMINATION OF GUARDIAN

[R.C. §1337.28 (A) and R.C. §2111.121]

[You may, but are not required to, use this document to nominate a guardian, should guardianship proceedings be started, for your person or your estate.]

I understand that any person I nominate is not required to accept the duties of guardianship, and that the probate court maintains jurisdiction over any guardianship. [R.C. §2111.121(C)]

I understand that the court will honor my nominations except for good cause shown or disqualification. [R.C. §2111.121(B)]

I understand that, if a **guardian of the person** is appointed for me, such guardian's duties would include making day-to-day decisions of a personal nature on my behalf, such as food, clothing, and living arrangements, but this or any subsequent Health Care Power of Attorney would remain in effect and control health care decisions for me, unless determined otherwise by the court. The court will determine limits, suspend or terminate this or any subsequent Health Care Power of Attorney, if they find that the limitation, suspension or termination is in my best interests. [R.C. §1337.28 (C)]

I intend that the authority given to my agent in my Health Care Power of Attorney will eliminate the need for any court to appoint a guardian of my person. However, should such proceedings start, I nominate the person(s) below in the order listed as **guardian of my person**.

☐

By writing my initials, signature, a check mark or other mark in this box, I nominate my agent and alternate agent(s), if any, to be **guardian of my person**, in the order named above.

If I do not choose my agent or an alternate agent to be the **guardian of my person**, I choose the following person(s), in this order *[cross out any unused lines]*:

X out area if not used

Guardian of my person's name and relationship: _____

Address: _____

Telephone number(s): _____

Alternate guardian of my person's name and relationship: _____

Address: _____

Telephone number(s): _____

Guardian of the estate means the person appointed by a court to make financial decisions on behalf of the ward, with the court's involvement. The guardian of the estate is required to be bonded, unless bond is waived in writing or the court finds it unnecessary.

☐

By placing my initials, signature, check or other mark in this box, I nominate my agent or alternate agent(s), if any, as **guardian of my estate**, in the order named above.

If I do not choose my agent or an alternate agent to be the **guardian of my estate**, I choose the following person(s), in this order *[cross out any unused lines]*:

X out area if not used

Guardian of my estate and relationship: _____

Address: _____

Telephone number(s): _____

Alternate guardian of my estate and relationship: _____

Address: _____

Telephone number(s): _____

☐

By placing my initials, signature, check or other mark in this box, I direct that bond be waived for guardian or successor **guardian of my estate**. [R.C. §1337.28 (B)]

If I do **not** make any mark in this box, it means that I expect the guardian or successor guardian of my estate to be bonded. [R.C. §1337.28 (B)]

No Expiration Date. This Health Care Power of Attorney will have no expiration date and will not be affected by my disability or by the passage of time.

Enforcement by Agent. My agent may take for me, at my expense, any action my agent considers advisable to enforce my wishes under this document.

Release of Agent's Personal Liability. My agent will not be liable to me or any other person for any breach of duty unless such breach of duty was committed dishonestly, with an improper motive, or with reckless indifference to the purposes of this document or my best interests. [R.C. §1337.35]

Copies are the Same as Original. Any person may rely on a copy of this document. [R.C. §1337.26(D)]

Out of State Application. I intend that this document be honored in any jurisdiction to the extent allowed by law. [R.C. §1337.26(C)]

I have completed a **Living Will**:

Yes _____ No _____

SIGNATURE of PRINCIPAL

I understand that I am responsible for telling members of my family and my physician, my lawyer, my religious advisor and others about this Health Care Power of Attorney. I understand I may give copies of this Health Care Power of Attorney to any person.

I understand that I may file a copy of this Health Care Power of Attorney with the probate court for safekeeping. [R.C. §1337.12(E)(3)]

I understand that I must sign this Health Care Power of Attorney and state the date of my signing, and that my signing either must be witnessed by two adults who are eligible to witness my signing OR the signing must be acknowledged before a notary public. [R.C. §1337.12]

I sign my name to this Health Care Power of Attorney

on _____, 20____, at _____, Ohio.

Principal

[Choose Witnesses OR a Notary Acknowledgment.]

WITNESSES [R.C. §1337.12(B)]

[The following persons CANNOT serve as a witness to this Health Care Power of Attorney:

- *Your agent, if any;*
- *The guardian of your person or estate, if any;*
- *Any alternate or successor agent or guardian, if any;*
- *Anyone related to you by blood, marriage, or adoption (for example, your spouse and children);*
- *Your attending physician; and*
- *The administrator of any nursing home where you are receiving care.]*

I attest that the principal signed or acknowledged this Health Care Power of Attorney in my presence, and that the principal appears to be of sound mind and not under or subject to duress, fraud or undue influence.

_____/_____/_____
Witness One's Signature Witness One's Printed Name Date

Witness One's Address

_____/_____/_____
Witness Two's Signature Witness Two's Printed Name Date

Witness Two's Address

OR, if there are no witnesses:

NOTARY ACKNOWLEDGMENT [R.C. §1337.12]

State of Ohio

County of _____ ss.

On _____, 20____, before me, the undersigned notary public, personally appeared _____, principal of the above Health Care Power of Attorney, and who has acknowledged that (s)he executed the same for the purposes expressed therein. I attest that the principal appears to be of sound mind and not under or subject to duress, fraud or undue influence.

Notary Public

My Commission Expires: _____

My Commission is Permanent: _____

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NOTICE TO ADULT EXECUTING THIS DOCUMENT

This is an important legal document. Before executing this document, you should know these facts:

This document gives the person you designate (the attorney in fact) the power to make MOST health care decisions for you if you lose the capacity to make informed health care decisions for yourself. This power is effective only when your attending physician determines that you have lost the capacity to make informed health care decisions for yourself and, notwithstanding this document, as long as you have the capacity to make informed health care decisions for yourself, you retain the right to make all medical and other health care decisions for yourself.

You may include specific limitations in this document on the authority of the attorney in fact to make health care decisions for you.

Subject to any specific limitations you include in this document, if your attending physician determines that you have lost the capacity to make an informed decision on a health care matter, the attorney in fact GENERALLY will be authorized by this document to make health care decisions for you to the same extent as you could make those decisions yourself, if you had the capacity to do so. The authority of the attorney in fact to make health care decisions for you GENERALLY will include the authority to give informed consent, to refuse to give informed consent, or to withdraw informed consent to any care, treatment, service, or procedure to maintain, diagnose, or treat a physical or mental condition.

HOWEVER, even if the attorney in fact has general authority to make health care decisions for you under this document, the attorney in fact NEVER will be authorized to do any of the following:

(1) Refuse or withdraw informed consent to life-sustaining treatment, unless your attending physician and one other physician who examines you determine, to a reasonable degree of medical certainty and in accordance with reasonable medical standards, that either of the following applies:

(a) You are suffering from an irreversible, incurable and untreatable condition caused by disease, illness, or injury from which

(i) there can be no recovery and

(ii) your death is likely to occur within a relatively short time if life-sustaining treatment is not administered, and your attending physician additionally determines, to a reasonable degree of medical certainty and in accordance with reasonable medical standards, that there is no reasonable possibility that you will regain the capacity to make informed health care decisions for yourself.

(b) You are in a state of permanent unconsciousness that is characterized by you being irreversibly unaware of yourself and your environment and by a total loss of cerebral cortical functioning, resulting in you having no capacity to experience pain or suffering, and your attending physician additionally determines, to a reasonable degree of medical certainty and in accordance with reasonable medical standards, that there is no reasonable possibility that you will regain the capacity to make informed health care decisions for yourself;

(2) Refuse or withdraw informed consent to health care necessary to provide you with comfort care (except that, if the attorney in fact is not prohibited from doing so under (4) below, the attorney in fact could refuse or withdraw informed consent to the provision of nutrition or hydration to you as described under (4) below). **(You should understand that comfort care is defined in Ohio law to mean artificially or technologically administered sustenance (nutrition) or fluids (hydration) when administered to diminish your pain or discomfort, not to postpone your death, and any other**

Notice as required by Ohio Revised Code §1337.17

medical or nursing procedure, treatment, intervention, or other measure that would be taken to diminish your pain or discomfort, not to postpone your death. Consequently, if your attending physician were to determine that a previously described medical or nursing procedure, treatment, intervention, or other measure will not or no longer will serve to provide comfort to you or alleviate your pain, then, subject to (4) below, your attorney in fact would be authorized to refuse or withdraw informed consent to the procedure, treatment, intervention, or other measure.);

(3) Refuse or withdraw informed consent to health care for you if you are pregnant and if the refusal or withdrawal would terminate the pregnancy (unless the pregnancy or health care would pose a substantial risk to your life, or unless your attending physician and at least one other physician who examines you determine, to a reasonable degree of medical certainty and in accordance with reasonable medical standards, that the fetus would not be born alive);

(4) Refuse or withdraw informed consent to the provision of artificially or technologically administered sustenance (nutrition) or fluids (hydration) to you, unless:

(a) You are in a terminal condition or in a permanently unconscious state.

(b) Your attending physician and at least one other physician who has examined you determine, to a reasonable degree of medical certainty and in accordance with reasonable medical standards, that nutrition or hydration will not or no longer will serve to provide comfort to you or alleviate your pain.

(c) If, but only if, you are in a permanently unconscious state, you authorize the attorney in fact to refuse or withdraw informed consent to the provision of nutrition or hydration to you by doing both of the following in this document:

(i) Including a statement in capital letters or other conspicuous type, including, but not limited to, a different font, bigger type, or boldface type, that the attorney in fact may refuse or withdraw informed consent to the provision of nutrition or hydration to you if you are in a permanently unconscious state and if the determination that nutrition or hydration will not or no longer will serve to provide comfort to you or alleviate your pain is made, or checking or otherwise marking a box or line (if any) that is adjacent to a similar statement on this document;

(ii) Placing your initials or signature underneath or adjacent to the statement, check, or other mark previously described.

(d) Your attending physician determines, in good faith, that you authorized the attorney in fact to refuse or withdraw informed consent to the provision of nutrition or hydration to you if you are in a permanently unconscious state by complying with the above requirements of (4)(c)(i) and (ii) above.

(5) Withdraw informed consent to any health care to which you previously consented, unless a change in your physical condition has significantly decreased the benefit of that health care to you, or unless the health care is not, or is no longer, significantly effective in achieving the purposes for which you consented to its use.

Additionally, when exercising authority to make health care decisions for you, the attorney in fact will have to act consistently with your desires or, if your desires are unknown, to act in your best interest. You may express your desires to the attorney in fact by including them in this document or by making them known to the attorney in fact in another manner.

When acting pursuant to this document, the attorney in fact GENERALLY will have the same rights that you have to receive information about proposed health care, to review health care records, and to consent to the disclosure of health care records. You can limit that right in this document if you so choose.

Notice as required by Ohio Revised Code §1337.17

Generally, you may designate any competent adult as the attorney in fact under this document. However, you CANNOT designate your attending physician or the administrator of any nursing home in which you are receiving care as the attorney in fact under this document. Additionally, you CANNOT designate an employee or agent of your attending physician, or an employee or agent of a health care facility at which you are being treated, as the attorney in fact under this document, unless either type of employee or agent is a competent adult and related to you by blood, marriage, or adoption, or unless either type of employee or agent is a competent adult and you and the employee or agent are members of the same religious order.

This document has no expiration date under Ohio law, but you may choose to specify a date upon which your durable power of attorney for health care will expire. However, if you specify an expiration date and then lack the capacity to make informed health care decisions for yourself on that date, the document and the power it grants to your attorney in fact will continue in effect until you regain the capacity to make informed health care decisions for yourself.

You have the right to revoke the designation of the attorney in fact and the right to revoke this entire document at any time and in any manner. Any such revocation generally will be effective when you express your intention to make the revocation. However, if you made your attending physician aware of this document, any such revocation will be effective only when you communicate it to your attending physician, or when a witness to the revocation or other health care personnel to whom the revocation is communicated by such a witness communicates it to your attending physician.

If you execute this document and create a valid durable power of attorney for health care with it, it will revoke any prior, valid durable power of attorney for health care that you created, unless you indicate otherwise in this document.

This document is not valid as a durable power of attorney for health care unless it is acknowledged before a notary public or is signed by at least two adult witnesses who are present when you sign or when you acknowledge your signature. No person who is related to you by blood, marriage, or adoption may be a witness. The attorney in fact, your attending physician, and the administrator of any nursing home in which you are receiving care also are ineligible to be witnesses. If there is anything in this document that you do not understand, you should ask your lawyer to explain it to you.

Notice as required by Ohio Revised Code §1337.17

ADDENDUM

This notice was not updated when certain provisions of the law regarding the Health Care Power of Attorney were changed in March 2014. Please be advised of the following changes:

You may, but are not required to, authorize your agent to get your health information, including information that is protected by law and otherwise not available to your agent. You can authorize your agent to have access to your health information immediately upon your signing of this document or at any later time, even though you are still able to make your own health care decisions.

You may also, but are not required to, use this document to name guardians for you or your estate should guardianship proceedings be started.

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Coming to Terms: A Glossary

Advance Directive – A general term that describes two kinds of legal documents, living wills and medical powers of attorney. These documents allow you to give instructions about future medical care and appoint a person to make health care decisions if you are unable to make them yourself. Each state regulates the use of advance directives differently.

Capacity – In the health care context, this denotes the ability of the patient to understand and appreciate the nature and consequences of health care decisions and to make an informed decision. The term “competent” is also used to indicate ability to make informed decisions.

CPR (Cardiopulmonary Resuscitation) – A group of treatments, any or all of which are given to support or restore breathing and circulation if the heart or lungs stop working.

DNR (Do-Not-Resuscitate) Order – A physician’s written order instructing health care providers not to attempt CPR if the patient stops breathing or the heart stops beating. A person with a valid DNR order will not be given CPR under these circumstances. Although the DNR order is written at the request of the patient or the person speaking on behalf of the patient, it must be signed by a physician to be valid.

DNR Comfort Care (DNRCC) – is a legally-sanctioned program that is implemented according to a standardized protocol. The DNRCC Order is implemented at different points, depending upon the patient’s wishes and must be consistent with reasonable medical standards.

The two options within the DNR Comfort Care Protocol are the DNR Comfort Care (DNRCC) Order and the DNR Comfort Care-Arrest (DNRCC-Arrest) Order. With a DNRCC Order, a person receives any care that eases pain and suffering, but no resuscitative measures to save or sustain life from the moment the order is signed by the physician. With a DNRCC-Arrest Order, a person receives standard medical care that may

include some components of resuscitation until he or she experiences a cardiac or respiratory arrest.

Health Care Power of Attorney – A document that allows individuals to appoint someone else to make decisions about their medical care if they are unable to communicate. It may also be called a “health care proxy,” “durable power of attorney for health care,” or “appointment of a health care agent or surrogate.” The person appointed may be called a health care agent, surrogate, attorney-in-fact, or proxy.

Hospice/Palliative Care – A comprehensive approach to caring for individuals with a life-limiting illness that focuses on the physical, psychological, spiritual, and social needs of the patient. Its goal is to achieve the best quality of life possible by relieving suffering, controlling pain and symptoms, and enabling maximum functional capacity. In addition to providing palliative care and personal support to the patient, hospice includes support for the patient’s family while the patient is dying, and bereavement support after their loss.

Life-sustaining Treatment – Treatments (medical procedures) that replace or support an essential bodily function (may also be called life-support treatments). Life-sustaining treatments include cardiopulmonary resuscitation, mechanical ventilation, artificial nutrition and hydration, dialysis, and certain other treatments.

Living Will – A type of advance directive in which people document their wishes about future medical treatment if they are at the end of life and unable to communicate. It may also be called a “directive to physicians,” “healthcare declaration,” or “medical directive.” The purpose of a living will is to guide family members and doctors in deciding how aggressively to use medical treatments.

Withholding or Withdrawing Treatment – Choosing not to have life-sustaining measures or discontinuing them after they have been used for a certain period of time.



Notes



OUR MISSION

Hospice of the Western Reserve
provides palliative and end-of-life care,
caregiver support, and bereavement services
throughout Northern Ohio.

In celebration of the individual worth of each life,
we strive to relieve suffering, enhance comfort,
promote quality of life, foster choice in
end-of-life care, and support
effective grieving.

17876 St. Clair Avenue
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*Serving Ashtabula, Cuyahoga, Geauga, Lake, Lorain
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outreach into Medina, Portage and Stark counties.*

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