



Advance Care Planning & Health Care Directives

Frequently Asked Questions

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What is advance care planning? Advance care planning is talking to your loved ones about what you would like your health care choices to be if a time comes when you are unable to speak for yourself. After you have this conversation, you may write down your wishes in a document called a health care directive.

What is a “health care directive”? A health care directive is one way to share your wishes and preferences for end-of-life care. This document allows you to:

- Give instructions about the type of medical care you wish to receive or not to receive;
- Choose a person(s), called a health care agent(s), to make medical decisions for you if you are unable to communicate.

How do I bring up a conversation like this with my family or doctor?

There are many tools that can help you start the conversation with your family, friends, and loved ones. These include videos, conversation toolkits for your family and loved ones and letter templates you can share with your doctor. There are also people with special training who can help you and your family have this conversation.

Do I need to have a health care directive? Having a health care directive is your choice. A health care directive is important because it communicates with your doctors, friends and loved ones the kinds of medical care you would want if you are unable to make your own decisions.

Contact MNHPC

Call (651) 917-4616 or visit www.mnhpc.org if you need additional help finding providers or if you have general questions about advance care planning or health care directives for you or your loved ones.



Why should I have a health care directive? A health care directive helps your family and loved ones understand your choices about care if you are seriously ill or at the end of your life. It helps make sure your values, beliefs, and wishes about medical care are heard if you are unable to make or communicate these decisions. It is a gift to you and your loved ones.

What is the difference between a living will and a health care directive? A living will often focuses on health care choices without requiring a health care agent to be named.

Who is a health care agent? A health care agent is someone you choose to make health care decisions for you when you are unable to speak for yourself. A health care agent can be a family member or friend that you trust to support your health care wishes. Talk often with this person about your wishes to make certain they understand what you want and do not want.

Do I have to work with a lawyer to complete a health care directive?

You DO NOT need a lawyer to fill out the form for you. In Minnesota you must sign the health care directive and your signature must be verified by two witnesses or a notary public. If you choose not to use a lawyer, it costs nothing to complete a health care directive.

Can I change my directive? Yes! You can change your mind at any time. Always talk with your loved ones, close friends, health care agent or your doctor before completing a new form.

How do I make a health care directive?

You can call or visit any of the following places to get more information on filling out a form:

- Ask your doctor, nurse, or physician assistant;
- Visit Honoring Choices Minnesota at www.HonoringChoices.org;
- Call the Minnesota Board on Aging Senior LinkAge Line® at 1-800-333-2433.



Advance Care Planning Resources

Honoring Choices

Find a Facilitator: bit.ly/1FUmyGZ

Video Stories: bit.ly/1AOwx1p

Spanish, Somali & Hmong Videos:
bit.ly/1FuRNFs

Conversation Toolkit

www.TheConversationProject.org

Download a Health Care Directive

bit.ly/1KEXsNE