



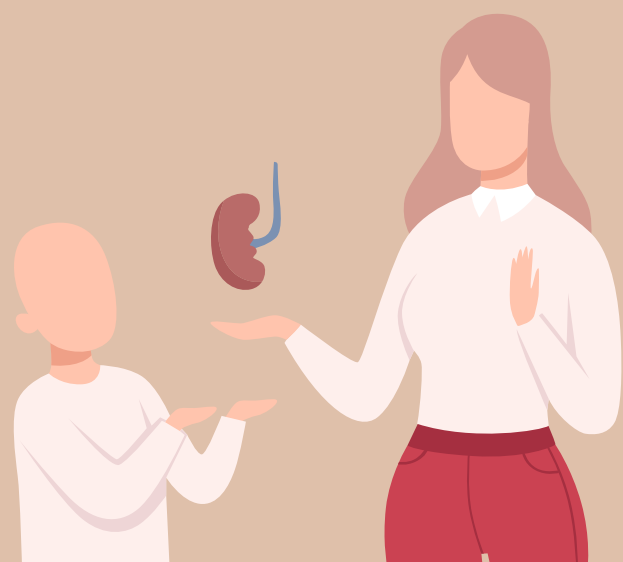
## Advanced Directives

### Choosing a Health Care Agent

- Who would you like to speak for you if you can't speak for yourself? Is it your spouse, sibling, best friend, etc.?
- You have the ability to refuse an individual access to the room when discussing your health care.

### After Death

- Organ donation – disposition of the body (burial, natural burial, medical school donation, etc.)

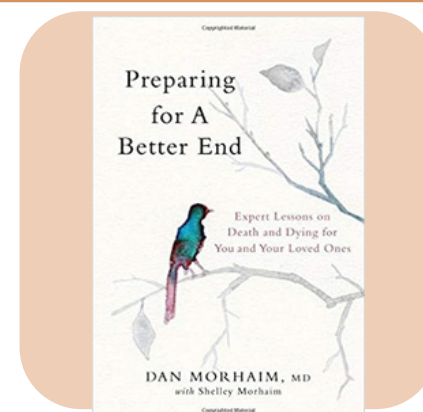


### Types of Care

- **Everything**
  - You will get full medical treatment including IVs, surgery, feeding/hygiene tubes, diagnostic tests, etc. regardless of functional state.
  - At times, this is appropriate; at other times it is not.
  - Who decides?
- **Middle Path**
  - This is the choice most of us take.
  - It's my personal choice: I want the best modern medicine has to offer while it is still useful and beneficial.
  - If I'm aware of what's going on and can participate in life, if I'm not in persistent intractable pain, then keep me going.
  - If I'm not, please try reasonable – but not extraordinary – care should a serious life-threatening illness arise.
  - Use hospice and palliative care early.
- **Very Little or Nothing**
  - Letting nature take its course (allowing natural death)
  - This can be a reasonable choice when all hope and expectation of any kind of physical and mental recovery is impossible.
  - Hospice and palliative care is very useful and should be obtained.
- **Allow natural death**

## Resources

- **My Directives** [www.mydirectives.com](http://www.mydirectives.com)
- **AARP** [www.aarp.org/caregiving/financial-legal/free-printable-advance-directives/](http://www.aarp.org/caregiving/financial-legal/free-printable-advance-directives/)
- **Personal Medical Electronic Health Record**  
**MiMirx:** [www.mimirx.org](http://www.mimirx.org) **MyVax:** [www.myvax.com](http://www.myvax.com)



### Preparing for a Better End

by Dr. Dan Morhaim  
[www.thebetterend.com](http://www.thebetterend.com)

Data adapted from the Maryland Behavioral Health Administration's webinar "Advance Care Medical Planning: What You Need to Know and Why", a webinar originally held on 12/2/2021. Presented by Dr. Dan Morhaim.