

## Advance directive preparation worksheet

Advance directives let you document your healthcare wishes in case you can't speak for yourself. *Heavy topic; not urgent for most patients but worth thinking through. Once filled in, use to complete your state's official forms with a notary.*

### MY HEALTHCARE PROXY

PERSON I TRUST TO MAKE DECISIONS FOR ME

THEIR RELATIONSHIP TO ME

PHONE AND EMAIL

BACKUP PROXY

### MY VALUES AND PREFERENCES

WHAT 'QUALITY OF LIFE' MEANS TO ME

WHEN I'D WANT AGGRESSIVE INTERVENTION

WHEN I'D PREFER COMFORT-FOCUSED CARE

### SPECIFIC PREFERENCES (IF APPLICABLE)

- I want CPR / I do not want CPR
- I want mechanical ventilation / I do not
- I want artificial nutrition / I do not
- I want hospice when treatment is no longer working
- I have organ donation preferences (yes / no / specific)

## MAKE IT OFFICIAL

- Your state has its own advance directive form (search '[state name] advance directive')
- Most states require a notary
- Give copies to: your healthcare proxy, your physician, your local hospital
- Update every 5-10 years or after major life events

*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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