

# Now What?

## A guide of things to do after signing your Healthcare Advance Directive

### **FIVE TIMES TO RE-EXAMINE YOUR HEALTHCARE WISHES...**

1. Before each annual physical exam.
2. At the start of each decade of your life.
3. After any major life change – such as a birth in the family, marriage, divorce, re-marriage, and especially after the death of a loved one.
4. After any major medical change – such as being diagnosed with a serious disease or terminal illness. Or if such conditions worsen.
5. After losing your ability to live independently.

### **IF YOUR WISHES CHANGE...**

Make a new advance directive if your old one no longer reflects your wishes. Discuss with an attorney the proper way to cancel or amend your existing directives. If you change your advance directive, it is important to notify everyone who has copies of your old medical directive forms. The Law Offices of Stephen Sutera recommends estate plan reviews every 3-5 years. These reviews include a review of your advance directives.

# WHAT TO DO WITH YOUR ADVANCE DIRECTIVE

1. Make sure your healthcare agent knows where to find the original.
2. Give your doctor a copy of your directive. Make certain it is put in your medical record. Make sure your doctor will support your wishes. If your doctor has objections, you need to work them out or find another doctor.
3. If entering a hospital or nursing home, take a copy of your directive with you and ask that it be placed in your medical record.
4. Keep the original copy of your healthcare advance directive and these work sheets or other notes some place they can be easily found like your Red Estate Binder behind the "Healthcare" Tab.
5. Carry your DocuBank wallet card with you.

## **IF YOU DO NOT WANT EMERGENCY CPR, ONE MORE STEP...**

After completing your Advance Directive, **you may have to take one more step if you want to avoid CPR (cardio-pulmonary resuscitation) or other life support when an ambulance (911) is called.**

Some people with serious and irreversible conditions do not want an emergency medical team to give them CPR if their heart stops. If this is your wish, ask how to get a DNR Order (Do-Not-Resuscitate Order) now also known as POLST (Physician Order for Life Sustaining Treatment) that will be respected outside of hospitals. They usually require your physician's signature and your consent. You can get a special identifying bracelet or document that must be visible if you have a medical crisis. If the emergency medical team sees the proper bracelet or document upon arrival, you can expect to receive all necessary comfort care – but not life support.