

Topics to Discuss with Your Health-Care Agent

It is helpful for your health-care agent to understand your wishes about how you want to be treated medically. The following questions may be useful as you have this discussion. There are no right answers.

1. How would you describe your current health? _____

2. What is your attitude toward long term illness, dying, and death? _____

3. Do you generally follow your doctor's recommendations regarding medical treatments you might need? _____

4. Do you think you would want to have the following medical treatments?

	If you are terminally ill	If you are in a permanent coma	If you have an irreversible chronic illness (e.g. Alzheimer's disease)
Kidney dialysis (a procedure to clean the blood when kidneys no longer work)			
Cardiopulmonary resuscitation (CPR) (a procedure to keep the blood circulating if the heart stops)			
Respirator (used if you cannot breathe on your own)			
Artificial nutrition and/or artificial hydration (food and/or fluids are introduced to your body via tubes)			

5. Do you expect your friends and family to support your decisions above about medical treatments? _____

6. If your physical or mental abilities become limited, would that affect your attitude toward independence and self-sufficiency or continuing care? How? _____

7. What factors are important to you when deciding on your medical treatment? (e.g. physical comfort, mobility,)? _____
8. Would you prefer to die at home or in a facility? _____
9. Do you want to donate your organs when you die? If yes, why is that important to you? _____

10. Are your feelings about death, terminal illness, and organ donation supported in your religion? _____

11. Have you decided about funeral, cremation, or burial plans? What should your agent do at your death? Who would you like your agent to notify at your death? _____

12. What else do you feel is important for your agent to know? _____

Your answers to these questions may change over time. You should discuss these changes with your health-care agent, and also alert him/her to health changes or new diagnoses. You must prepare your agent well if you want him/her to act on your behalf.