Who should have an Advance Directive?

☑ Healthy young adult
☑ Somebody in poor health
☑ Older adult who has already discussed health wishes with family members
☑ All of the above

Advance care planning
Knowing and honoring your health care wishes: a brief guide for advance care planning at OHSU

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OHSU accepts most health plans.
OHSU is an equal opportunity affirmative action institution.
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At OHSU, we strive to provide the best care possible.

To meet this goal, it is important for us to know the level of care you desire and have a way to honor your wishes. One way to ensure that we do just that is by completing an Advance Directive. An Advance Directive is a document that helps communicate your health care wishes when you are not able to express them yourself. We encourage all of our patients, regardless of their health status or age, to have an Advance Directive. A copy of your Advance Directive should be in our health record because an unexpected injury or illness could happen to anybody at any time.

Advance Care Planning

Advance care planning will help you and those around you understand what is important to you. There are four steps to advance care planning: thinking about what is important for you and what care you want or don’t want, having conversations about your wishes, documenting your wishes, and talking with your health care providers to include this in your medical record.

Conversations About Advance Directives

Talk about your health care wishes with your family, friends and health care providers. For help, you can find a conversation starter kit at theconversationproject.org. The value of advance care planning is in the conversations and shared understanding. The conversation will help your loved ones understand what is important to you, how you want your health decisions handled and guide them in making decisions to honor your wishes when you are not able. If you have any questions about your current and future health conditions, talk to care providers. Discussing and

knowing your concerns and wishes will help them make medical decisions honoring your values too.

Completing Advance Directives

It is a good idea to write down your wishes in an Advance Directive. An Advance Directive form is a legal document in the State of Oregon that describes your wishes for end-of-life health care and designates a health care representative who would make decisions when you are not able. A health care representative is someone who knows your values and wishes, is willing to accept the role and follow your preference, and who can make decisions in sometimes difficult situations. It is very important to talk with the health care representative when completing the Advance Directive. If you have questions on how to complete the Advance Directive forms, we are happy to assist you.

Communicating Advance Directives

Once you have completed your Advance Directive, keep the original where it can be easily found, give copies to your health care representative, people who are close to you (family members, friends), and your health care providers. We encourage you to bring your Advance Directive to OHSU, have discussions with your health care providers, and upload it into your health record. We also encourage you to review and update Advance Directives periodically or as the circumstances of your life change.