

Guidance for My Decision Maker(s)

I have picked you because ...

What I will need you to do for me:

Go to the hospital to see me with your own eyes. If you can't get there, ask the hospital to use a webcam or skype so you can see how I am doing. Or text a cell phone picture daily. If that isn't possible, make sure you call and talk to the doctor, nurse or social worker every day to find out how I am doing.

- Give the doctor, nurse or social worker a copy of my advance healthcare directive, durable power of attorney for healthcare and any other healthcare documents I have given to you in this packet of information.
 - Tell the doctor, nurse or social worker the names of my regular doctors and the hospital that I usually go to when I am sick.
 - Ask the doctors for information about my disease/injury, treatment options and what the positive and negative consequences of each option would be.
 - Ask lots of questions until you know enough to make a good decision. You can download a list of Questions to Ask When Making Medical Decisions at [http://kindethics.com/links/questions-to-ask-when-making-medical-decisions-from-the-caregivers-path/.](http://kindethics.com/links/questions-to-ask-when-making-medical-decisions-from-the-caregivers-path/))
 - I know that this may be a really stressful time for you. Use the Crisis Worksheet I have included in your packet of information. You can download a copy of my Crisis Worksheet at [http://kindethics.com/links/downloadable-crisis-planning-worksheet-and-quick-tips/.](http://kindethics.com/links/downloadable-crisis-planning-worksheet-and-quick-tips/))
 - Other things I will need you to do for me while I am sick: (Feel free to add more pages to this list.)
-
-
-
-

Please use Substituted Judgment when making the decisions for me. Substituted Judgment means you are supposed to ask yourself, "What would _____ be telling us if he or she could speak right now?" Then tell the doctor what I would be saying if I could.

Begin by thinking about everything you know about me.

- What are my values, religion and culture?
- What have I said to you in the past about my health?
- What would I say is important for you to consider when thinking about this decision?

If you aren't sure or don't know, then now is the time to have this conversation with me, while I can still talk to you.

Another way you can think about these decisions is to ask:

- What will the benefits be from choosing this option?
- What are the possible risks and side effects that may come from choosing this option?
- What will it feel like and be like for _____ to experience this decision?
- Will there be any suffering? If so, what can the doctor do to help make it easier for _____ to go through these treatments?
- What kind of condition will _____ be in months from now?
- Would that be a condition that _____ would want?

Reassurances for my decision maker(s):

I know it may be difficult for you to make these medical and end-of-life decisions for me. But I want you to know that ...

If you do not think you will be able to do what I have asked, please let me know now so I can choose someone else who would be willing to be my decision maker.

Print and Sign: _____

Date: _____