

## Advance Medical Directives

Advance medical directives help you:

- Protect your right to make medical decisions and choices about your health care
- Help family members make decisions if you cannot
- Help your doctors by telling them your wishes

Advance medical directives say what kind of medical care you want, if you get too sick or hurt to talk or think clearly. There are three kinds of advance medical directives:

1. Living Will

A Living Will tells your doctor whether to use artificial life support (medical help) if you become “terminally ill” (deathly sick). Copies of Living Will forms are at health care facilities, doctors’ offices and office supply stores. They are also at the Guardianship Alliance of Colorado (303-423-2898).

2. Medical Durable Power of Attorney (also called a “Health Care Proxy”)

A “medical durable power of attorney” is a person you choose to make health care choices for you if you cannot speak for yourself.

3. Cardiopulmonary Resuscitation (CPR) Directive

CPR is when you try to get someone’s heart and/or breathing started again. If you have a “CPR Directive,” medical staff will **not** try to get your heart or breathing started.

You will get more information on advance medical directives if you are admitted to a hospital. You are not required to have one. If you decide to have an advance medical directive, it is important to talk to your doctor, family, and other people about your choices, or if you change them. Give copies of your advance medical directive to your doctor, family members, and health care proxy if you have one.

### **What Happens if Your Advance Medical Directive Isn’t Followed?**

- You can file a grievance.
- Call the Colorado Department of Public Health and Environment: 303-692-2980.
- Or write to:

Colorado Department of Public Health and Environment  
4300 Cherry Creek Drive South  
Denver CO 80246-1530