

# California Advance Health Care Directive Information

This form lets you have a say about how you want to be treated if you get very sick. It lets you:

- **Choose a health care agent.** A health care agent is a person who can make medical decisions for you if you are too sick to make them yourself.
- **Make your own health care choices.** You can choose the kind of health care you want so if you are too sick to decide for yourself, those who care for you will not have to guess what you want.

## What will happen if I do not choose a health care agent?

If you are too sick to make your own decisions, your doctors will ask your closest family members to make decisions for you. If you want your agent to be someone other than family, you must write his or her name on the form.

## What kind of decisions can my health care agent make?

Agree to, say no to, change, stop or choose:

- ✓ doctors, nurses, social workers
- ✓ hospitals or clinics
- ✓ medications or tests
- ✓ what happens to your body and organs after you die

## Other decisions your agent can make:

- ✓ **Life support treatments** – medical care to try to help you live longer
- ✓ **CPR or cardiopulmonary resuscitation** - This may involve:
  - pressing hard on your chest to keep your blood pumping
  - electrical shocks to jump start your heart
  - medicines in your veins
- ✓ **Breathing machine or ventilator** - The machine pumps air into your lungs and breathes for you. You are not able to talk when you are on the machine.
- ✓ **Dialysis** - A machine that cleans your blood if your kidneys stop working.
- ✓ **Feeding Tube** - A tube used to feed you if you cannot swallow. The tube is placed down your throat into your stomach. It can also be placed into your stomach by surgery.
- ✓ **Blood transfusions** - To put blood in your veins.
- ✓ **Surgery**
- ✓ **Medicines**
- ✓ **End of life care** – if you might die soon your health care agent can:
  - call in a spiritual leader
  - decide if you die at home or in the hospital

**Your health care provider will answer any questions you may have about this important document.**

**~ If you want an Advance Directive form ask a member of the clinic staff.**

**For more information about the Advance Health Care Directive visit  
<https://www.sfhp.org/providers/provider-forms/>**