

Why is a health care directive important?

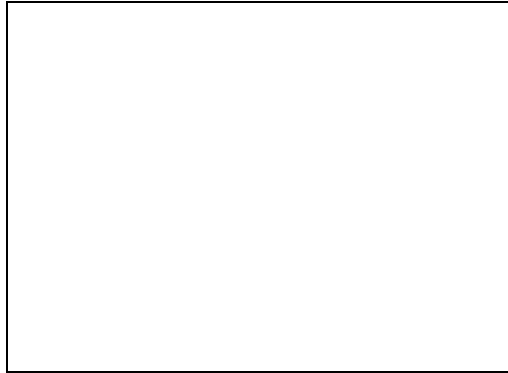
This brochure is a guide to help you make health care decisions **in advance** and create peace of mind for you and your loved ones.

If you suddenly became so ill or were in an accident that left you unable to make medical treatment decisions for yourself, these decision could fall on your loved ones.

To protect yourself and ensure your wishes are carried out, its important you receive this information and create your own health care directive.



Distributed By:



This brochure was created by the Department of Human Services specifically for youth who are aging out of foster care in the state of North Dakota.

If you have further questions about Health Care Directives, please contact:

**Children and Family Services
Independent Living Administrator
701-328-4394**

www.nd.gov/ndyouth



Health Care Directive

*A Guide To Assist
Youth Aging Out of Foster Care*



The Freedom To Choose

Health Care Directive



What is a health care directive?

A health care directive is a document that enables you to make decisions now about your medical care in the future. It offers guidance to your family and doctors when you cannot speak for yourself.

Can health care decisions be made for me without a directive in place?

Yes. If you have not completed a health care directive and are unable to make decisions, family members and close friends could make health care decisions for you. However, it is best that they understand your wishes and values.

Where can I get information and a health care directive form to complete?

1. Law and Explanation

www.legis.nd.gov/cencode/t23c065.pdf

2. Form You Need To Complete

www.nd.gov/dhs/info/docs/hcdirective.pdf

3. Your Foster Care Caseworker or Independent Living Coordinator

To be legally recognized in North Dakota, a health care directive must:

1. Be in writing and be dated
2. State your name
3. Completed by you with your signature.
4. Contain proof of your signature and the signature of the person you authorize to make decisions on your behalf if you are unable to do so. (A notary or two witnesses).
5. Include health care instructions.

Is there anyone I cannot appoint to make health care decisions for me?

You cannot appoint your health care provider, long-term care provider, or a non-relative employee of these providers.

What do I do with my completed health care directive form?

Get it notarized (may require a small fee). Make copies. Keep a copy and provide copies to those you have appointed to make decisions on your behalf. Provide a copy to your health care provider for your medical record. It is a good idea to make a wallet card stating you have a health care directive in place.

