NORTH DAKOTA AGING & DISABILITY ROADMAP

HEALTHCARE ADVANCED DIRECTIVES

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STEP 1: LEARN ABOUT HEALTHCARE ADVANCED DIRECTIVES

A *Healthcare Advanced Directive* is a legal document that explains your healthcare wishes if you cannot speak for yourself. Do you want to make sure your healthcare wishes are followed if you cannot speak for yourself in the future?

If **yes**, go to Step 2.
If **no**, you may not need a Healthcare Advanced Directive right now, but you can revisit this decision at any time.

STEP 2: DECIDE WHAT YOU WANT

- Do you want to choose someone to make healthcare decisions for you?
- Do you have a trusted person who is willing to do this?
- Do you want to write down your wishes about life-saving treatments, such as CPR, breathing machines, or feeding tubes?

If **yes** to any question, go to Step 3.
If **no** to all questions, you may not need a Healthcare Advanced Directive right now. You can revisit this decision at any time.

STEP 3: COMPLETE YOUR ADVANCED DIRECTIVE

- Are you ready to complete a Healthcare Advanced Directive form?
- Do you have the official North Dakota form? If not, go to www.caringinfo.org/planning/advance-directives/by-state.
- Have you talked about your wishes with the people who may be involved in your care? Have you signed the form correctly?

If **yes** to all questions, go to Step 4.
If **no** to any question, complete the missing steps before moving on.

STEP 4: GET SERVICES & PLAN AHEAD

If you completed your Healthcare Advanced Directive, make sure the right people know about it and can access it when needed. ***Next Steps:***

- Give copies to your healthcare agent, family members, and healthcare providers.
- Keep a copy in a safe place that is easy to find.
- Review your Advanced Directive every few years or whenever your wishes change.
- Update your document if your health, relationships, or preferences change.

RESOURCES

- Aging and Disability Resource Link (ADRL): https://ndcarechoice.hhs.nd.gov/
- Legal Services of North Dakota: www.legalassist.org
- North Dakota Courts Health Care Directives Guide: https://www.ndcourts.gov/Media/Default/legal-resources/legal-self-help/conservatorship-guardianship/Health Care Directives Research Guide.pdf
- North Dakota Protection & Advocacy: 701-328-2950 | www.ndpanda.org | email panda@nd.gov