

Advance Directives Information Sheet

What are Advance Directives?

An **Advance Health Care Directive** (also known as an “**Advance Directive**”) is a form that helps others give you the care you would want when you are not able to make decisions. **Advance Directives** will help make sure that your wishes about your health care are known. The form tells others how to make end-of-life care choices for you. The form also lets you name someone to act as your health care agent if you are not able to make decisions.

An **Advance Directive** can give only a very few orders about your care, such as a name of someone you trust to make these choices for you, if you are not able to do so. It can also be very detailed and include the types of treatments you would accept or refuse to continue life. Some types of **Advance Directives** are only for certain situations, like organ or tissue donation, or your wishes not to be revived if your heart or breathing stops.

The two most common types of **Advance Directives** are the *Living Will* and the *Durable Power of Attorney for Health Care*, which is sometimes called the *Health Care Power of Attorney* or *Health Care Proxy*.

- The *Living Will* explains your health care wishes in the case that you are terminally ill or permanently unconscious.
- The *Durable Power of Attorney for Health Care* allows you to name someone (an “agent” or “proxy”) to make your health care decisions if the time comes when you are not able to do so.

Why do I need to have an Advance Directive?

You could have an accident or get sick. You might live with a mental or physical illness that leaves you unable to make decisions at times. Without an Advance Directive, those making decisions for you may not know what you want. Worse still, your family and friends could argue over the care you should get. Or they could disagree about who gets to make choices for you. Help your family and friends to help you: name an agent and tell your agent and family about your health care wishes.

When should I make an Advance Directive?

The best time to make an **Advance Directive** is before you need one! You need one before you become too sick to make your own choices about what medical care you want to take or refuse.

It is good for anyone at any age to have an **Advance Directive**. Young people as well as older people should think about making an **Advance Directive**. It can be changed or cancelled at any time. It should be updated when needed or if you are diagnosed with a serious illness.

What happens when I have an Advance Directive?

If you have an **Advance Directive** and cannot make your own medical decisions, they will be made for you. These decisions will be based on the types of medical care you have chosen in your **Advance Directive** and/or by the person you chose as your agent or proxy for your health care choices. It is important to make sure that your family, health care providers, and others who might be called know that you have an **Advance Directive** and what is in it. They also need to have a copy of the **Advance Directive** so that it can be used in your treatment.



At Molina Healthcare, once you have told your doctor whether you have an **Advance Directive** or not, we require that your doctor record your decisions in your medical file.

What important things should I know about Advance Directives?

- You have the right to allow or refuse any health care at any time. This is true even after you have signed an **Advance Directive**. It is true even if the **Advance Directive** gives different directions.
- You do not have to complete an **Advance Directive**. No one can force you to fill out an **Advance Directive**. It is against the law for anyone to force you to fill out a directive.
- You cannot be refused care or otherwise be discriminated against because you do not have an **Advance Directive**.
- You have the right to express your end-of-life care and other health care wishes.
- **Advance Directives** do not expire. An **Advance Directive** remains good until you change it. If you make a new **Advance Directive**, it cancels the old one.
- You have the right to have an agent make health care choices for you.
- **Advance Directives** are written to follow your state laws.

What if I would like to learn more or fill out an Advance Directive?

You can get Advance Directive forms by going to the CaringInfo website: [CaringInfo.org](https://www.caringinfo.org) and following these steps:

1. Click on “Advance Care Planning”
2. Click on “Advance Directives”
3. Click on “Download Your State’s Advance Directive”
4. Click on your state

The [CaringInfo.org](https://www.caringinfo.org) link is also available on our website at [MolinaHealthcare.com/Medicare](https://www.molinahealthcare.com/Medicare). Please call Member Services for more information.

This information is available in other formats, such as Braille, large print, and audio. The provider network may change at any time. You will receive notice when necessary.



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