

## When you make your health care preferences known today, you're planning for your future.

### How to create an advance directive:

We are here to guide you through the process of completing your advance directive forms. All advance care directives need to be written and signed by you while you are able to understand your options and communicate those choices. In North Carolina, advance directives need to be witnessed by two people who are not relatives or part of your care team and also be notarized.



### Finding advance care directive forms:

- From your physician
- Visit us online at:  
[conehealth.com/advance-care-planning](https://conehealth.com/advance-care-planning)

An advance care directive goes into effect when you are no longer able to make your own health care choices and:

- You have a terminal illness leading to death.
- You are unconscious and are not expected to wake up.
- You have significant dementia or other profound mental function loss.

### Updating your advance care directive:

As long as you are able to make your own care decisions, you can update your advance care directive forms. Just be sure to let your health care provider and a close family member or support person know about the changes.

### Sharing your advance care directives:

Be sure to let close family, friends and/or care givers know about your advance care directives. Talk to them about the kind of care you do and do NOT want to receive. It is also recommended to share your advance care directives with your health care provider. If you would like tips on initiating these conversations with loved ones, which can sometimes be hard, your provider can share some recommendations. They can also answer any medical questions you may have.



### Storing your advance care directives:

You can upload, store and access your directives in MyChart when they are complete. It is also a good idea to give copies to your loved ones and your health care provider so they can easily access them.

### Out-of-state advance care directives:

If you live in North Carolina but have a health care power of attorney or living will from another state, it will be valid in our state. There are state-specific forms you should complete, though, if you have those forms from a different state.

### More information:

If you would like more information about advance care planning, please ask your physician or nurse.

You can also reach out to  
[advancecareplanning@conehealth.com](mailto:advancecareplanning@conehealth.com) or  
call (336) 663-5126.

If you need to access a contact form  
visit [conehealth.com/advance-care-planning](https://conehealth.com/advance-care-planning).

# Advance Care Planning



*It's your choice, and you're not alone.  
We're right here w/you, from start to finish.*





## Advance Care Planning:

When you make your health care preferences known today, you're planning for your future. Making those future plans - with input from your family, loved ones and physician as needed - will mean your medical care will continue to look the way YOU want it to look, from start to finish. It will also take the pressure off your family or other health care decision makers, because they'll be clear on your medical wishes.

Advance care planning means you are completing specific documents to make your health care wishes clear. That way, if you become unable to communicate your care wishes, these documents will speak on your behalf.

## 5 kinds of advance care directives:

1. **Living Will**
2. **Health Care Power of Attorney (HCPOA)**
3. **Medical Order for Scope of Treatment (MOST)**
4. **Do Not Resuscitate (DNR)**
5. **Advance Instruction for Mental Health Treatment**

## Do I need an advance directive?

Our answer is a resounding YES. All adults (18 years and older) benefit from creating advance directives, because everyone deserves to have their medical wishes carried out. Because life comes with unknowns, we think it's wise to take the time to complete an advance care directive AND to share those wishes with loved ones and your care provider no matter your age, life stage or current health status.

You are able to update your advance directives at any time, as long as you're mentally competent, so they can evolve over time as needed.

## Advance care planning documents:

### Living Will:

Also known as a treatment directive, a living will explains whether or not you want certain types of life-prolonging medical treatments, such as breathing machines and tube feeding, if you experience at least one of the following:

- An incurable condition that will end your life within a short period of time
- Unconsciousness with the expectation that you won't regain consciousness
- Advanced dementia or other substantial and irreversible loss of mental function

### Health Care Power of Attorney (HCPOA):

In a health care power of attorney document, you name someone to be your health care agent. That means they're able to make health care decisions for you when you can't speak for yourself. You may choose any competent adult who's not your paid health care provider.

### Medical Order for Scope of Treatment (MOST):

A MOST form instructs other health care providers about what type and level of medical care to provide. It is signed by the patient as well as a physician, physician assistant or nurse practitioner. A MOST form is different from other advance

directives because it is always completed in consultation with a qualified health care professional who is able to provide information to the patient or the patient's representative about the risks, benefits and other implications of different types and levels of medical treatment.

### Do Not Resuscitate (DNR):

A DNR is a medical order written by a doctor. It instructs health care providers not to do cardiopulmonary resuscitation (CPR) if a patient's breathing stops or if the patient's heart stops beating.



### Advance Instruction for Mental Health Treatment:

An advance instruction for mental health treatment expresses your wishes for mental health care if you're not able to communicate them. Mental health treatment includes:

- Admission and retention in a facility for the care or treatment of mental illness.
- Electroconvulsive therapy (ECT or "shock therapy").
- Psychoactive drugs (medications that affect your central nervous system).