

ADVANCE DIRECTIVE

Your Life. Your Decisions.™



**Whether you're 18 or 80,
documenting your wishes today
means your family won't have to make
heart-wrenching decisions later.**



Talk About Your Final Health Care Decisions

Your life on your terms

Oregon's Advance Directive is the legal document that allows you to express your wishes for medical care and life-sustaining treatments and/or designate someone to make health care decisions for you if you are unable to speak for yourself. Whether you're 18 or 80, documenting your wishes today means your family won't have to make heart-wrenching decisions later.

Imagine for a moment... the unimaginable

You have been admitted to the emergency room with a life-threatening illness. You are unconscious – completely unaware of what's going on around you. You may never regain consciousness, but you can be kept alive indefinitely by a breathing machine. Who would make this decision on your behalf? Would they know what you wanted?

Don't let this happen to your family

Those who faced end-of-life decisions for their loved one will tell you how stressful it was – the doubt and guilt they felt – making these decisions not knowing what their loved one wanted. Even years later, many say they still wonder whether their choices were the “right” ones.

Give your loved ones the information they need to act on your behalf.

Talk with your loved ones

Talk with your family, your friends, your doctor. Know the options and decide what's right for you.

Studies show documentation alone isn't enough to influence end-of-life decisions. You need informed, thoughtful reflection about your medical wishes and values. And you need to talk with your loved ones about your decisions – before a crisis occurs.

We can help you through the discussion

The **KEYConversations™** Planning Guide will help you think through your choices and talk about them with your loved ones. By completing the steps in the Planning Guide, you will learn about your options, decide what's right for you and put it in writing.

To obtain a **KEYConversations™** Planning Guide, visit oregonhealthdecisions.org or call Oregon Health Decisions at **503-692-0894** (1-800-422-4805 toll free).



Start your conversation today.

KEY Conversations™ Planning Guide

- 1) **The Conversation Starter** describes potential medical conditions that require decisions about providing, withdrawing, or withholding medical treatments.
- 2) **The Individual Worksheet** assists you in making detailed decisions about the medical treatments you want for yourself at the end of life.
- 3) **The Oregon Advance Directive** is the legal form for expressing your wishes and designating a Health Care Representative.

Workshops are provided that explain more about this topic and are taught by knowledgeable instructors.

Trained Advisors are available to answer questions.

**For materials or more information,
call 1-800-422-4805 or visit
oregonhealthdecisions.org**



7451 SW Coho Ct. #101, Tualatin, OR 97062
503-692-0894 or toll free **1-800-422-4805**