

What is Advance Care Planning and why should I do it now?

Advance Care Planning is making decisions about the type of care you would like if you are ever unable to speak for yourself. Now is the time to have conversations and complete documents that identify your wishes, values, and beliefs. This caring act will relieve loved ones and healthcare providers of the stress and heartache of guessing what you would want.

What is an Advance Directive and why do I need one?

An Advance Directive is a legal document in which you can specify what actions should be taken for your health if you are no longer able to make decisions for yourself. It includes two parts: Selection of Healthcare Agent(s) and a Living Will.

PART 1: SELECTION OF HEALTHCARE AGENT

This section of the Advance Directive assigns a person(s) to assist the medical team to make healthcare decisions for you when you are unable to make decisions for yourself.

- Agent is able to consult with doctor, view medical records, and give consent for treatment
- Agent is bound to make decisions according to your known wishes
- Does not afford agent the ability to conduct financial business on your behalf

PART 2: LIVING WILL

This section of the Advance Directive provides instructions for your future medical treatment when you cannot decide for yourself, including inpatient treatment and/or end-of-life care.

- Does not require an attorney or notary in Maryland
- Does not guide EMS personnel

Your Advance Directive must be signed by two witnesses who are both 18+ years old. Neither witness can include your Healthcare Agent(s), and neither witness can benefit financially or otherwise from your death.

When should I complete my Advance Directive?

You can complete your Advance Directive once you are 18 years of age. You should do so regardless of your current health conditions or need. Accidents, natural disasters, or health crises can happen at any time. It always seems too early until it's too late.

Who should get a copy of my Advance Directive?

- Your Healthcare Agent(s)
- Hospital
- Doctors and specialists
- Family and/or loved ones that may be contacted

Where else should I keep a copy of my Advance Directive?

- In your Red Folder (see other side for more information)
- In your vehicle's glove compartment
- With your dated list of medications

What other forms do I need?

MOLST (MEDICAL ORDERS FOR LIFE-SUSTAINING TREATMENT)

This form designates medical orders for current treatment. It is intended to stay with you as you move into and out of various healthcare facilities and settings (e.g., assisted living, home with HHC, nursing home, hospital, hospice). The MOLST Form must be signed by a treating Physician, Nurse Practitioner, or Physicians Assistant.

- Does guide EMS personnel
- Replaces old DNR Form
- Does not expire but should be reviewed during transitions of care

FINANCIAL POWER OF ATTORNEY

This form designates an agent who will conduct business on your behalf if you should become unable to do so (e.g., pay bills, sell property, etc.). The same person can be your Financial Power of Attorney and your Healthcare Agent. This form must be completed by an individual with capacity to decide for themselves. It is generally recommended that this form be completed with an attorney present.

- Does not automatically apply to making healthcare decisions

What is the Red Folder and how do I use it?

The Red Folder is a place to keep important healthcare paperwork organized and in easy reach. In it we recommend including copies of your Advance Directive, the MOLST form, a current list of your healthcare providers and medications, and a recent photo. The folder is bright red for easy identification and has magnet strips on the back so you can attach it to your refrigerator. Emergency responders (including paramedics, firefighters, and police officers) are trained to look for this folder on refrigerators when responding to a medical crisis.



How can I get help with Advance Care Planning?

Appointments with licensed social workers are available free of cost to the community.

For questions, more information, or to set up a personalized appointment or presentation, please contact:

**Advance Care Planning
Social Worker
301-360-2574**

Advance Directives

YOUR LIFE, YOUR PLAN



Completing the Advance Directive form is optional. If you decide to make an advance directive, be sure to talk about it with those close to you. The conversation is just as important as the document. Give copies to family members or friends, your doctors, and your local hospital.

Adults can decide for themselves whether or not they want medical treatment. This right to decide applies to treatments that can extend life, like a breathing machine or a feeding tube. Tragedy, accident, or illness can take away a person's ability to make healthcare decisions, but decisions still have to be made. If you cannot do so, someone else will, and they may not know your values and priorities.

The advance directive is meant to reflect your preferences. You may complete all of it or only part, and it will still be considered a valid document. You are not required by law to use this specific form. Different forms, including electronic and video versions of the advance directive, are available online.

Part I of the Advance Directive: Selection of Healthcare Agent

An advance directive can be used to name a healthcare agent. This is someone you trust to make healthcare decisions for you. Your healthcare agent should be someone who can be easily reached and who would respect your wishes in an emergency situation. You can name anyone you want to be your healthcare agent. To name a healthcare agent, use Part I of the advance directive form (some people refer to this kind of advance directive as a "durable power of attorney for healthcare or medical power of attorney"). Your agent will speak for you and make decisions based on what you would want done or your best interests. You decide how much power your agent will have to make healthcare decisions. You can also decide when you want your agent to have this power—right away, or only after two doctors say that you are not able to decide for yourself.



Part I of the Advance Directive: Selection of Healthcare Agent

Remember, your agent will have the power to make important treatment decisions, even if other people close to you might urge a different decision. Also, consider picking a back-up agent, in case your first choice isn't available when needed. Be sure to inform your chosen agents and make sure that they understand what's most important to you.

Part II of the Advance Directive: Treatment Preferences ("Living Will")

You have the right to use an advance directive to say what you want about future medical treatment issues. You can do this in Part II of the form. Part II lets you decide about life-sustaining procedures in three situations:

1. When death from a terminal condition is imminent (going to occur soon) despite the application of life-sustaining procedures (like intubation or CPR).
2. A condition of permanent unconsciousness called a persistent vegetative state.
3. An end-stage condition, which is an advanced, progressive, and incurable condition resulting in the inability to care for yourself. One example of an end-stage condition could be advanced Alzheimer's disease.

PATIENT LABEL

Maryland Advance Directive

PRINT YOUR NAME

DATE OF BIRTH (MONTH/DAY/YEAR)

Part I: Selection of Healthcare Agent

A. SELECTION OF PRIMARY AGENT I select the following individual as my primary agent to make healthcare decisions for me:

FULL NAME, ADDRESS, AND TELEPHONE NUMBER(S) OF AGENT

B. SELECTION OF BACK-UP AGENTS (*Optional: cross through section if you do not wish to complete*) If my primary agent cannot be contacted in time or for any reason is unavailable or unable or unwilling to act as my agent, then I select the following person to act in this capacity:

FULL NAME, ADDRESS, AND TELEPHONE NUMBER(S) OF AGENT

C. POWERS AND RIGHTS OF HEALTHCARE AGENT My agent will have full power to make healthcare decisions for me, including the ability to:

- Consent or not to medical procedures and treatments which my doctors offer, including things that are intended to keep me alive, like ventilators and feeding tubes.
- Decide who my doctor and other healthcare providers should be.
- Decide where I should be treated, including whether I should be in a hospital, nursing home, other medical care facility, or hospice program.
- Ride with me in an ambulance if ever I need to be rushed to the hospital and be able to visit me if I am in a hospital or any other healthcare facility.

ACCESS TO MY HEALTH INFORMATION—FEDERAL PRIVACY LAW (HIPAA) AUTHORIZATION

If, prior to the time the person selected as my agent has power to act under this document, my doctor wants to discuss with that person my capacity to make my own healthcare decisions, I authorize my doctor to disclose protected health information which relates to that issue.

Once my agent has full power to act under this document, my agent may request, receive, and review any information, oral or written, regarding my physical or mental health, including, but not limited to, medical and hospital records and other protected health information, and consent to disclosure of this information.



PATIENT LABEL

Maryland Advance Directive

For all purposes related to this document, my agent is my personal representative under the Health Insurance Portability and Accountability Act (HIPAA). My agent may sign, as my personal representative, any release forms or other HIPAA-related materials. **This advance directive does not make my agent responsible for any of the costs of my care.**

My agent's powers are subject to the following conditions or limitations (*Optional: cross through section if you do not wish to complete*):

D. PEOPLE MY HEALTHCARE AGENT MIGHT CONSIDER TALKING TO (*Optional: cross through section if you do not wish to complete*)

In making important decisions on my behalf, I encourage my agent to talk with the following people. By filling this in, I do not intend to limit the number of people with whom my agent might want to talk to or my agent's power to make decisions.

E. EFFECTIVENESS OF THIS PART (*Read both of these statements carefully, then initial one only*) My agent's power is in effect:

Immediately after I sign this document, subject to my right to make any decision about my healthcare if I want and am able to.
OR
 Only after my attending doctor and a second doctor determine that I am not capable of making an informed decision regarding my healthcare.

YOU MAY STOP HERE IF YOU ONLY WISH TO IDENTIFY A HEALTHCARE AGENT. THE FINAL SIGNATURE PAGE MUST STILL BE COMPLETED.

Part II: Treatment Preferences (“Living Will”)

A. STATEMENT OF GOALS AND VALUES (*Optional: cross through section if you do not wish to complete*) I want to say something about my goals and values, and especially what's most important to me during the last part of my life. Where might I prefer to be? Who I might I want to be with? When might it be ok to limit aggressive treatment?

B. IN CASE OF PREGNANCY (*Optional, for women of child-bearing years only; form valid if left blank: cross through section if you do not wish to complete*) If I am pregnant, my agent shall follow these specific instructions:



Maryland Advance Directive

C. PREFERENCE IN CASE OF TERMINAL CONDITION: *(If you want to state what your preference is, initial one only. If you do not want to state a preference here, cross through the whole section)* If my doctors certify that my death from a terminal condition is imminent (soon), even if life-sustaining procedures are used:

Keep me comfortable and allow natural death to occur. I do not want any medical interventions used to try to extend my life. I do not want to receive nutrition and fluids by tube or other medical means.

OR

Keep me comfortable and allow natural death to occur. I do not want medical interventions used to try to extend my life. If I am unable to take enough nourishment by mouth, however, I want to receive nutrition and fluids by tube or other medical means.

OR

Try to extend my life for as long as possible, using all available interventions that in reasonable medical judgment would prevent or delay my death. If I am unable to take enough nourishment by mouth, I want to receive nutrition and fluids by tube or other medical means.

D. PREFERENCE IN CASE OF PERSISTENT VEGETATIVE STATE: *(If you want to state what your preference is, initial one only. If you do not want to state a preference here, cross through the whole section)* If my doctors certify that I am in a persistent vegetative state, that is, if I am not conscious and am not aware of myself or my environment or able to interact with others, and there is no reasonable expectation that I will ever regain consciousness:

Keep me comfortable and allow natural death to occur. I do not want any medical interventions used to try to extend my life. I do not want to receive nutrition and fluids by tube or other medical means.

OR

Keep me comfortable and allow natural death to occur. I do not want medical interventions used to try to extend my life. If I am unable to take enough nourishment by mouth, however, I want to receive nutrition and fluids by tube or other medical means.

OR

Try to extend my life for as long as possible, using all available interventions that in reasonable medical judgment would prevent or delay my death. If I am unable to take enough nourishment by mouth, I want to receive nutrition and fluids by tube or other medical means.

E. PREFERENCE IN CASE OF END-STAGE CONDITION: *(If you want to state what your preference is, initial one only. If you do not want to state a preference here, cross through the whole section)* If my doctors certify that I am in an end-stage condition, that is, an incurable condition that will continue in its course until death and that has already resulted in loss of capacity and complete physical dependency:

Keep me comfortable and allow natural death to occur. I do not want any medical interventions used to try to extend my life. I do not want to receive nutrition and fluids by tube or other medical means.

OR

Keep me comfortable and allow natural death to occur. I do not want medical interventions used to try to extend my life. If I am unable to take enough nourishment by mouth, however, I want to receive nutrition and fluids by tube or other medical means.

OR

Try to extend my life for as long as possible, using all available interventions that in reasonable medical judgment would prevent or delay my death. If I am unable to take enough nourishment by mouth, I want to receive nutrition and fluids by tube or other medical means.



PATIENT LABEL

Maryland Advance Directive

F. ADDITIONAL OPTIONAL STATEMENT ON LIFE-PROLONGING TREATMENTS *(Cross through section if you do not wish to complete)*

If I am unable to make my own medical decisions and my doctors are reasonably certain that I will no longer be able to:

(SOMETHING THAT MEANS A LOT TO YOU. E.G. EATING, TALKING WITH GRANDCHILDREN)

then I would not want my healthcare agent(s) or loved ones to pursue aggressive, life-prolonging medical treatments such as feeding tubes, intubation, or CPR. If these treatments have already been started, I would want them stopped.

G. PAIN RELIEF

No matter what my condition, give me the medicine or other treatment I need to relieve pain.

H. EFFECT OF STATED PREFERENCES *(Read both of these statements carefully, then initial one only):*

I realize I cannot foresee everything that might happen after I can no longer decide for myself. My stated preferences are meant to be a guide to whomever is making decisions on my behalf and my healthcare providers, but I authorize them to be flexible in applying these statements if they feel that doing so would be in my best interest.

OR

I realize I cannot foresee everything that might happen after I can no longer decide for myself. Still, I want whoever is making decisions on my behalf and my healthcare providers to follow my stated preferences exactly as written, even if they think that some alternative is better.

Part III: Signature and Witnesses

By signing below as the Declarant, I indicate that I am emotionally and mentally competent to make this advance directive and that I understand its purpose and effect. I also understand that this document replaces any similar advance directive I may have completed before this date.



SIGNATURE OF DECLARANT

DATE

The Declarant signed or acknowledged signing the foregoing document in my presence and, based upon personal observation, appears to be emotionally and mentally competent to make this donation.



SIGNATURE OF WITNESS #1

DATE WITNESS #1 CONTACT INFORMATION



SIGNATURE OF WITNESS #2

DATE WITNESS #2 CONTACT INFORMATION

Anyone chosen as a healthcare agent in Part 1 may not be a witness. Also, at least one witness must be someone who will not knowingly inherit anything from the Declarant or otherwise knowingly gain a financial benefit from the Declarant's death. Maryland law requires two witnesses but does not require this document to be notarized.





Frequently Asked Questions about Advance Directives in Maryland

Do the forms have to be notarized?

No, but if you travel frequently to another state, you may wish to check to see if that state requires notarization.

Do any of these documents deal with financial matters?

No. If you want to plan for how financial matters can be handled if you lose capacity or pass away, please seek the guidance of your lawyer.

When using these forms to make a decision, how do I show the choices that I have made?

Write your initials next to the statement that says what you want. Don't use checkmarks or X's. You can also draw lines all the way through any statements that you do not want to complete.

Are these forms valid in another state?

It depends on the law of the other state. Most state laws recognize advance directives made somewhere else.

Can my healthcare agent or my family decide treatment issues differently from what I wrote?

It depends on how much flexibility you want to give. Some people want to give their agent flexibility in applying the living will. Other people want it followed very strictly. Say what you want in Part II, Paragraph H.

Is an advance directive the same as a "Patient's Plan of Care," "Instructions on Current Life-Sustaining Treatment Options" form, or Medical Orders for Life-Sustaining Treatment (MOLST) form?

No. These are forms used in healthcare facilities to document discussions about current life-sustaining treatment issues. These forms are not meant for use as anyone's advance directive. Instead, they are medical records, to be completed only when a doctor or other healthcare professional presents and discusses the issues. A MOLST form contains medical orders regarding life-sustaining treatments relating to a patient's medical condition and is completed by the doctor.

Can my doctor override my living will?

Usually, no. However, a doctor is not required to provide a medical treatment they do not feel will be effective even if a living will or agent ask for it.

Frequently Asked Questions continue on the next page.



Frequently Asked Questions about Advance Directives in Maryland

If I have an advance directive, do I also need a MOLST (Medical Order for Life-Sustaining Treatment) form?

Yes. The MOLST form contains medical orders that will help ensure that all healthcare providers are aware of your wishes for care received right now. If you don't ever want emergency medical services personnel to try to resuscitate you in the event of cardiac or respiratory arrest, you must have a MOLST form. This is an order that must be signed by any of your doctors, Nurse Practitioners, or Physician Assistants. Your signature on this form is not necessary. If you are interested in completing a MOLST, please contact your doctor directly.

What about donating my body for medical education or research?

The State Anatomy Board has a specific donation program, with a pre-registration form available. You can call the Anatomy Board at 1-800-879-2728 for that form and additional information. You may also reach out to an Advance Care Planning Social Worker at Frederick Health for more information by calling 240-651-4541.

If I appoint a healthcare agent and the healthcare agent and any back-up agent dies or otherwise is unavailable, a surrogate decision maker may need to be consulted to make the same treatment decisions that my healthcare agent would have made. Is the surrogate decision maker required to follow my instructions given in the advance directive?

Yes, the surrogate decision maker is required to make treatment decisions based on your known wishes. An advance directive that contains clear instructions regarding treatment options is the best way to make your wishes known and therefore must be honored by the surrogate decision maker.

¿Qué es la planificación de la atención médica anticipada y por qué debería hacerla ahora? La planificación de la atención médica anticipada consiste en tomar decisiones sobre el tipo de atención que desea recibir si alguna vez no puede hablar por sí mismo. Ahora es el momento de tener conversaciones y completar documentos que identifiquen sus deseos, valores y creencias. Este acto de cuidado aliviará a sus seres queridos y a los proveedores de atención médica del estrés y la angustia de tener que adivinar qué desea.

¿Qué es el documento de Instrucciones Médicas Anticipadas y por qué lo necesito?

El documento de instrucciones médicas anticipadas (Advance Directive, en inglés) es un documento legal en el que puede especificar qué acciones se deben tomar sobre su salud si ya no puede tomar decisiones por sí mismo. Consta de dos partes:

Selección del representante(s) de atención médica y un testamento en vida (Living Will, en inglés).

PARTE 1: SELECCIÓN DEL REPRESENTANTE DE ATENCIÓN MÉDICA

En esta sección del documento de Instrucciones Médicas Anticipadas se designa a una o más personas para ayudar al equipo médico a tomar decisiones de atención médica por usted cuando usted no las pueda tomar por sí mismo.

PARTE 2: TESTAMENTO EN VIDA

Esta sección de las Instrucciones Médicas Anticipadas proporciona instrucciones para su tratamiento médico futuro cuando no puede decidir por sí mismo, incluido el tratamiento hospitalario y/o la atención al final de la vida.

Su documento de Instrucciones Médicas Anticipadas debe estar firmado por dos testigos mayores de 18 años. Ninguno de los testigos puede incluir a su(s) representante(s) de atención médica, y ninguno de los testigos puede beneficiarse económicamente o de otro modo de su fallecimiento.

- El representante puede consultar con el médico, ver los expedientes médicos y dar su consentimiento para el tratamiento.
- El representante está obligado a tomar decisiones de acuerdo con sus deseos conocidos.
- No le otorga al representante la capacidad de realizar negocios financieros en su nombre.

- No requiere un abogado o notario en Maryland.
- No orienta al personal de servicios médicos de emergencia (Emergency Medical Services, EMS, en inglés).

¿Cuándo debo completar mi documento de Instrucciones Médicas Anticipadas?

Puede completar su documento una vez tenga 18 años. Debe hacerlo independientemente de su estado de salud o necesidad. Accidentes, desastres naturales o crisis sanitarias pueden suceder en cualquier momento. Siempre parece demasiado pronto hasta que es demasiado tarde.

¿Quién debe recibir una copia de mi documento de Instrucciones Médicas Anticipadas?

- Su(s) representante(s) de atención médica
- Hospital
- Doctores y especialistas
- Familiares y/o seres queridos que puedan ser contactados

¿Dónde más debería guardar una copia de mis Instrucciones Médicas Anticipadas?

- En su Carpeta Roja (ver el otro lado para más información)
- En la guantera (gaveta) de su vehículo
- Con su lista actualizada de medicamentos

¿Qué otros formularios necesito?

MOLST (Órdenes Médicas de Tratamiento para Mantener la Vida)

Este formulario indica las órdenes médicas para el tratamiento actual. Está hecho para que le acompañe cuando entre y salga de diferentes lugares de cuidado, como instalaciones de vida asistida, domicilio con cuidado de la salud en el hogar (Home Health Care, HHC, en inglés), hogares de ancianos, hospitales y hospicios. El formulario MOLST debe estar firmado por un médico que le atiende, enfermero o asistente médico.

- Sirve de guía al personal de EMS.
- Reemplaza el antiguo formulario de no reanimación cardiopulmonar (Do Not Resuscitate, DNR, en inglés).
- No caduca, pero debe revisarse durante los cambios de cuidados.

PODER NOTARIAL FINANCIERO

Este formulario designa a un representante que se encargará de sus asuntos en su nombre si usted no puede hacerlo (por ejemplo, pagar facturas, vender propiedades, etc.). La misma persona puede ser su encargado financiero y su representante de atención médica. Este formulario debe ser completado por una persona con capacidad para decidir por sí mismo. Se recomienda que este formulario se complete con un abogado presente.

- No se aplica automáticamente a la toma de decisiones de atención médica.

¿Qué es la Carpeta Roja y cómo la uso?

La Carpeta Roja es un lugar para mantener organizados y a la mano documentos importantes de salud.

En ella, recomendamos poner copias de su documento de Instrucciones Médicas Anticipadas, el formulario MOLST, una lista actual de sus proveedores de salud y medicinas, y una foto reciente.

La carpeta es de color rojo brillante para que resalte y tiene imanes en la parte de atrás para que se fijen mejor en la puerta o el lado su refrigerador (nevera). El personal de emergencia, incluidos los paramédicos, bomberos y oficiales de la policía, están capacitados para buscar esta carpeta en los refrigeradores cuando responden a una crisis médica.



¿Cómo puedo obtener ayuda con la planificación anticipada de la atención?

Puede hacer una cita con trabajadores sociales con licencia y la asistencia es gratuita para la comunidad.

Si tiene preguntas, desea obtener más información, o quiere hacer una cita o presentación, comuníquese con:

Trabajador social de planificación anticipada de la atención al 301-360-2574

Advance Directives

YOUR LIFE, YOUR PLAN



Completing the Advance Directive form is optional. If you decide to make an advance directive, be sure to talk about it with those close to you. The conversation is just as important as the document. Give copies to family members or friends, your doctors, and your local hospital.

Adults can decide for themselves whether or not they want medical treatment. This right to decide applies to treatments that can extend life, like a breathing machine or a feeding tube. Tragedy, accident, or illness can take away a person's ability to make healthcare decisions, but decisions still have to be made. If you cannot do so, someone else will, and they may not know your values and priorities.

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Remember, your agent will have the power to make important treatment decisions, even if other people close to you might urge a different decision. Also, consider picking a back-up agent, in case your first choice isn't available when needed. Be sure to inform your chosen agents and make sure that they understand what's most important to you.

Part II of the Advance Directive: Treatment Preferences ("Living Will")

You have the right to use an advance directive to say what you want about future medical treatment issues. You can do this in Part II of the form. Part II lets you decide about life-sustaining procedures in three situations:

1. When death from a terminal condition is imminent (going to occur soon) despite the application of life-sustaining procedures (like intubation or CPR).
2. A condition of permanent unconsciousness called a persistent vegetative state.
3. An end-stage condition, which is an advanced, progressive, and incurable condition resulting in the inability to care for yourself. One example of an end-stage condition could be advanced Alzheimer's disease.

PATIENT LABEL

Maryland Advance Directive

PRINT YOUR NAME

DATE OF BIRTH (MONTH/DAY/YEAR)

Part I: Selection of Healthcare Agent

A. SELECTION OF PRIMARY AGENT I select the following individual as my primary agent to make healthcare decisions for me:

FULL NAME, ADDRESS, AND TELEPHONE NUMBER(S) OF AGENT

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FULL NAME, ADDRESS, AND TELEPHONE NUMBER(S) OF AGENT

C. POWERS AND RIGHTS OF HEALTHCARE AGENT My agent will have full power to make healthcare decisions for me, including the ability to:

- Consent or not to medical procedures and treatments which my doctors offer, including things that are intended to keep me alive, like ventilators and feeding tubes.
- Decide who my doctor and other healthcare providers should be.
- Decide where I should be treated, including whether I should be in a hospital, nursing home, other medical care facility, or hospice program.
- Ride with me in an ambulance if ever I need to be rushed to the hospital and be able to visit me if I am in a hospital or any other healthcare facility.

ACCESS TO MY HEALTH INFORMATION—FEDERAL PRIVACY LAW (HIPAA) AUTHORIZATION

If, prior to the time the person selected as my agent has power to act under this document, my doctor wants to discuss with that person my capacity to make my own healthcare decisions, I authorize my doctor to disclose protected health information which relates to that issue.

Once my agent has full power to act under this document, my agent may request, receive, and review any information, oral or written, regarding my physical or mental health, including, but not limited to, medical and hospital records and other protected health information, and consent to disclosure of this information.



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Maryland Advance Directive

For all purposes related to this document, my agent is my personal representative under the Health Insurance Portability and Accountability Act (HIPAA). My agent may sign, as my personal representative, any release forms or other HIPAA-related materials. **This advance directive does not make my agent responsible for any of the costs of my care.**

My agent's powers are subject to the following conditions or limitations (*Optional: cross through section if you do not wish to complete*):

D. PEOPLE MY HEALTHCARE AGENT MIGHT CONSIDER TALKING TO (*Optional: cross through section if you do not wish to complete*)

In making important decisions on my behalf, I encourage my agent to talk with the following people. By filling this in, I do not intend to limit the number of people with whom my agent might want to talk to or my agent's power to make decisions.

E. EFFECTIVENESS OF THIS PART (*Read both of these statements carefully, then initial one only*) My agent's power is in effect:

Immediately after I sign this document, subject to my right to make any decision about my healthcare if I want and am able to.
OR
 Only after my attending doctor and a second doctor determine that I am not capable of making an informed decision regarding my healthcare.

YOU MAY STOP HERE IF YOU ONLY WISH TO IDENTIFY A HEALTHCARE AGENT. THE FINAL SIGNATURE PAGE MUST STILL BE COMPLETED.

Part II: Treatment Preferences (“Living Will”)

A. STATEMENT OF GOALS AND VALUES (*Optional: cross through section if you do not wish to complete*) I want to say something about my goals and values, and especially what's most important to me during the last part of my life. Where might I prefer to be? Who I might I want to be with? When might it be ok to limit aggressive treatment?

B. IN CASE OF PREGNANCY (*Optional, for women of child-bearing years only; form valid if left blank: cross through section if you do not wish to complete*) If I am pregnant, my agent shall follow these specific instructions:



PATIENT LABEL

Maryland Advance Directive

C. PREFERENCE IN CASE OF TERMINAL CONDITION: *(If you want to state what your preference is, initial one only. If you do not want to state a preference here, cross through the whole section)* If my doctors certify that my death from a terminal condition is imminent (soon), even if life-sustaining procedures are used:

Keep me comfortable and allow natural death to occur. I do not want any medical interventions used to try to extend my life. I do not want to receive nutrition and fluids by tube or other medical means.

OR

Keep me comfortable and allow natural death to occur. I do not want medical interventions used to try to extend my life. If I am unable to take enough nourishment by mouth, however, I want to receive nutrition and fluids by tube or other medical means.

OR

Try to extend my life for as long as possible, using all available interventions that in reasonable medical judgment would prevent or delay my death. If I am unable to take enough nourishment by mouth, I want to receive nutrition and fluids by tube or other medical means.

D. PREFERENCE IN CASE OF PERSISTENT VEGETATIVE STATE: *(If you want to state what your preference is, initial one only. If you do not want to state a preference here, cross through the whole section)* If my doctors certify that I am in a persistent vegetative state, that is, if I am not conscious and am not aware of myself or my environment or able to interact with others, and there is no reasonable expectation that I will ever regain consciousness:

Keep me comfortable and allow natural death to occur. I do not want any medical interventions used to try to extend my life. I do not want to receive nutrition and fluids by tube or other medical means.

OR

Keep me comfortable and allow natural death to occur. I do not want medical interventions used to try to extend my life. If I am unable to take enough nourishment by mouth, however, I want to receive nutrition and fluids by tube or other medical means.

OR

Try to extend my life for as long as possible, using all available interventions that in reasonable medical judgment would prevent or delay my death. If I am unable to take enough nourishment by mouth, I want to receive nutrition and fluids by tube or other medical means.

E. PREFERENCE IN CASE OF END-STAGE CONDITION: *(If you want to state what your preference is, initial one only. If you do not want to state a preference here, cross through the whole section)* If my doctors certify that I am in an end-stage condition, that is, an incurable condition that will continue in its course until death and that has already resulted in loss of capacity and complete physical dependency:

Keep me comfortable and allow natural death to occur. I do not want any medical interventions used to try to extend my life. I do not want to receive nutrition and fluids by tube or other medical means.

OR

Keep me comfortable and allow natural death to occur. I do not want medical interventions used to try to extend my life. If I am unable to take enough nourishment by mouth, however, I want to receive nutrition and fluids by tube or other medical means.

OR

Try to extend my life for as long as possible, using all available interventions that in reasonable medical judgment would prevent or delay my death. If I am unable to take enough nourishment by mouth, I want to receive nutrition and fluids by tube or other medical means.



PATIENT LABEL

Maryland Advance Directive

F. ADDITIONAL OPTIONAL STATEMENT ON LIFE-PROLONGING TREATMENTS *(Cross through section if you do not wish to complete)*

If I am unable to make my own medical decisions and my doctors are reasonably certain that I will no longer be able to:

(SOMETHING THAT MEANS A LOT TO YOU. E.G. EATING, TALKING WITH GRANDCHILDREN)

then I would not want my healthcare agent(s) or loved ones to pursue aggressive, life-prolonging medical treatments such as feeding tubes, intubation, or CPR. If these treatments have already been started, I would want them stopped.

G. PAIN RELIEF

No matter what my condition, give me the medicine or other treatment I need to relieve pain.

H. EFFECT OF STATED PREFERENCES *(Read both of these statements carefully, then initial one only):*

I realize I cannot foresee everything that might happen after I can no longer decide for myself. My stated preferences are meant to be a guide to whomever is making decisions on my behalf and my healthcare providers, but I authorize them to be flexible in applying these statements if they feel that doing so would be in my best interest.

OR

I realize I cannot foresee everything that might happen after I can no longer decide for myself. Still, I want whoever is making decisions on my behalf and my healthcare providers to follow my stated preferences exactly as written, even if they think that some alternative is better.

Part III: Signature and Witnesses

By signing below as the Declarant, I indicate that I am emotionally and mentally competent to make this advance directive and that I understand its purpose and effect. I also understand that this document replaces any similar advance directive I may have completed before this date.



SIGNATURE OF DECLARANT

DATE

The Declarant signed or acknowledged signing the foregoing document in my presence and, based upon personal observation, appears to be emotionally and mentally competent to make this donation.



SIGNATURE OF WITNESS #1

DATE WITNESS #1 CONTACT INFORMATION



SIGNATURE OF WITNESS #2

DATE WITNESS #2 CONTACT INFORMATION

Anyone chosen as a healthcare agent in Part 1 may not be a witness. Also, at least one witness must be someone who will not knowingly inherit anything from the Declarant or otherwise knowingly gain a financial benefit from the Declarant's death. Maryland law requires two witnesses but does not require this document to be notarized.





Frequently Asked Questions about Advance Directives in Maryland

Do the forms have to be notarized?

No, but if you travel frequently to another state, you may wish to check to see if that state requires notarization.

Do any of these documents deal with financial matters?

No. If you want to plan for how financial matters can be handled if you lose capacity or pass away, please seek the guidance of your lawyer.

When using these forms to make a decision, how do I show the choices that I have made?

Write your initials next to the statement that says what you want. Don't use checkmarks or X's. You can also draw lines all the way through any statements that you do not want to complete.

Are these forms valid in another state?

It depends on the law of the other state. Most state laws recognize advance directives made somewhere else.

Can my healthcare agent or my family decide treatment issues differently from what I wrote?

It depends on how much flexibility you want to give. Some people want to give their agent flexibility in applying the living will. Other people want it followed very strictly. Say what you want in Part II, Paragraph H.

Is an advance directive the same as a "Patient's Plan of Care," "Instructions on Current Life-Sustaining Treatment Options" form, or Medical Orders for Life-Sustaining Treatment (MOLST) form?

No. These are forms used in healthcare facilities to document discussions about current life-sustaining treatment issues. These forms are not meant for use as anyone's advance directive. Instead, they are medical records, to be completed only when a doctor or other healthcare professional presents and discusses the issues. A MOLST form contains medical orders regarding life-sustaining treatments relating to a patient's medical condition and is completed by the doctor.

Can my doctor override my living will?

Usually, no. However, a doctor is not required to provide a medical treatment they do not feel will be effective even if a living will or agent ask for it.

Frequently Asked Questions continue on the next page.



Frequently Asked Questions about Advance Directives in Maryland

If I have an advance directive, do I also need a MOLST (Medical Order for Life-Sustaining Treatment) form?

Yes. The MOLST form contains medical orders that will help ensure that all healthcare providers are aware of your wishes for care received right now. If you don't ever want emergency medical services personnel to try to resuscitate you in the event of cardiac or respiratory arrest, you must have a MOLST form. This is an order that must be signed by any of your doctors, Nurse Practitioners, or Physician Assistants. Your signature on this form is not necessary. If you are interested in completing a MOLST, please contact your doctor directly.

What about donating my body for medical education or research?

The State Anatomy Board has a specific donation program, with a pre-registration form available. You can call the Anatomy Board at 1-800-879-2728 for that form and additional information. You may also reach out to an Advance Care Planning Social Worker at Frederick Health for more information by calling 240-651-4541.

If I appoint a healthcare agent and the healthcare agent and any back-up agent dies or otherwise is unavailable, a surrogate decision maker may need to be consulted to make the same treatment decisions that my healthcare agent would have made. Is the surrogate decision maker required to follow my instructions given in the advance directive?

Yes, the surrogate decision maker is required to make treatment decisions based on your known wishes. An advance directive that contains clear instructions regarding treatment options is the best way to make your wishes known and therefore must be honored by the surrogate decision maker.