

# Advance Directives

If you are unable to speak for yourself, advance directives are helpful legal documents. They allow you to tell doctors and health care workers about the type of medical treatment you would want when faced with a serious illness or unexpected accident.

It is important to let your health care team know if you have advance directives, so they are aware of them and can honor your health care choices.

Here are answers to some common questions about advance directives.

## **What is an Advance Directive?**

An advance directive tells your doctors and other health care workers what types of care you would like to have if you become unable to make medical decisions.

In the United States, there are forms you can fill out to tell health care workers about the care you want. These forms are called:

- a Health Care Power of Attorney (POA)
- a Declaration of Mental Health Treatment
- a Living Will
- a Do Not Resuscitate (DNR) Order

## **What is a Health Care Power of Attorney?**

This form allows you choose someone you trust to make health decisions if you are unable to do so yourself. This person can be a spouse or partner, parent, friend, or someone you trust to make health decisions for you. The doctor shares information with the person you choose, but the doctor cannot be the representative.

## **What about a Declaration of Mental Health Treatment?**

Mental health is your ability to understand information and use judgment to think clearly when making decisions. If you are not able to think clearly to make health decisions, you can choose a person to help you. There are many reasons why this form may be needed, such as being very ill or taking medicines that affect your thinking ability.

# 預先指示

如果您無法自行表述，預先指示是一種有效的法律文件。它們可讓您告知醫生和醫護人員，當您患有嚴重疾病或遭遇非預期事故時，希望得到的醫療救治方式。

讓您的醫療護理團隊知道您是否立有預先指示非常重要，因為這可以讓他們知道您的意願並尊重您的醫療選擇。

以下是有關預先指示的一些常見問題解答。

## 什麼是預先指示？

預先指示可以告知您的醫生和其他醫護人員，當您無法做出醫療決定時，您希望獲得的護理方式。

在美國，您可以通過填寫表格來告知醫護人員您希望得到的護理方式。這些表格被稱作：

- 醫療護理授權書 (POA)
- 精神健康治療委託書
- 生前遺囑
- 放棄急救 (DNR) 指示

## 什麼是醫療護理授權書？

此表格允許您選擇您信任的人，在您無法自行講述時代替您做出醫療決定。此人可以是您的配偶或伴侶、父母、朋友或其他您確信可以代替您做出醫療決定的人。此資訊將會被告知醫生和您選擇的人，但醫生不得被視為代表人。

## 什麼是精神健康治療委託書？

精神健康是指在做出決定時，您理解資訊並通過判斷清晰地考慮決策的能力。如果您無法清晰地做出醫療決定，可選擇由他人代勞。此表格的存在有許多原因，例如病情嚴重或服用影響思考能力的藥物等。

## **What is a Living Will?**

A living will is a form that tells the type of medical treatment you want in certain situations. It only comes into effect if you are terminally ill or permanently unconscious, such as in a coma. In a living will, you can tell health care providers about the type of help you want, such as machines to help you breathe or feeding tubes if you cannot eat normally.

## **What is a DNR order?**

A do not resuscitate (DNR) order is another type of advance directive. It allows you to not have cardiopulmonary resuscitation (CPR) or other treatment to try to revive you if your heart stops or if you stop breathing.

## **When I fill out these forms who do I give Advance Directive papers to?**

Give a copy of these forms to your doctor. Give one to the person or people who will represent you. Tell health care providers and caregivers that you have an advance directive. It is also a good idea to have a copy with you if you need to go to the hospital for surgery or treatment.

## **How can I make or change my Advance Directive?**

You can change or make a new advance directive at any time. Simply destroy the old one and complete a new form. If you have questions or wish to put your choices in writing, tell your doctor or health care provider.

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## 什麼是生前遺囑？

生前遺囑是指在一張表格中寫出，在特定情況下您希望獲得的治療方式。此表僅在您進入病危時刻或永久無意識狀態 (例如昏迷不醒) 時才有效。在生前遺囑中，您可以告知醫療機構您希望獲得的幫助類型，例如依靠機器維持呼吸或在無法正常進食時利用輔助餵食管維持生命。

## 什麼是 DNR 指示？

放棄急救 (DNR) 指示是另一種類型的預先指示。它可以告知醫療人員，在您心臟停止跳動或停止呼吸時，無需再進行心肺復蘇 (CPR) 救治或其他試圖幫助您維持生命的治療。

## 當我填寫完這些表格後，應將這些預先指示表格交給誰？

將這些表格的副本交給醫生。將其中一份交給您的代表。告訴醫療人員和看護人，您已立下預先指示。如果您需要進醫院做手術或接受治療，最好能隨身攜帶一份副本。

## 如何訂立或變更預先指示？

您可隨時變更或重新訂立一份新的預先指示。僅需銷毀舊表，填寫新表即可。如果您有疑問或希望將決定寫下來，請告知您的醫生或醫護人員。

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Advance Directives. Traditional Chinese.