

# 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.

# Amary-rasmy eh oo Hormarsing

Hady ady ing aboodny inty ady nafsida ahaanta inis hathaly, amary-rasmy eh oo hormarsing walibuwa dukumentiyaa shar'ih eh oo aawimaad badang leh. Wali kiing ogolaadayani iny ady ing sheegti diktoorathy iyo shaqaaliyaalki ki shaqeeyayang daryeelky aafimaad wali quseeyi noo'eh daawiyowky aafimaad ee ady fadaasi madi ady haky wajahdi jirry eed ing dorrang misi shil ling filidaani.

Waliba eed muhiim ing eh inty adi ing ogolaati kooxdy daryeelasy aafimaadka iny ogaadang hady ady waraaqy qabty amary-rasmygi eh ee hormarsing, sidaas daraadiye yooni ku warqabaayang walina sharaaayany iqtiyaaradka daryeelky aafimaad.

Meelung wali ki qoriny jawaabo su'aali aadi eh bersho oo ky saabsing amary-rasmy eh oo hormarsing.

## Mayu Amar-rasmy eh oo Hormarsing?

Amar-rasmy eh oo hormarsing waly ing sheegay diktoorathy iyo shaqaaliyaalki ki shaqeeyayang daryeelky aafimaad noo'eh daryeelky ady fadaasy iny adi heli hady ady awoothy waayty iny ady deerty go'aang aafimaad.

Ameeriky, wali jare fooming ady buuyi korti si ady ingki sheegty shaqaaliyaalki ki shaqeeyayang daryeelky aafimaad daryeelky ady fadaasi. Foomingkun waly la eray:

- Awoody Qareenky ee Daryeelky Aafimaad (POA)
- Bayaanky Daaweyowky Aafimaadky Maskahthy
- Qoraal derdaaring
- Amarky Inisky Deesheng Reed Hangkiyow (DNR)

## Mayu Awoody Qareenky ee Daryeelky Aafimaad?

Foomkung waly kiing ogolaadey iny ady doority qof ady aamingsingty iny usy kiing deery go'aane aafimaad hadi ady ing aboodny iny ady saas sameeyty. Qofkung waly nagidy kortee Habarta misy shiriiga, waalidka. saahibka, misy qof ady aamingsingty iny usi kiing deery kory go'aane aafimaad. Taktarky waliba warbihinty li qaybsideey qofky adi doority, laaking taktarky mi nagady kory qofki adi ki matalow.

## **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.

## **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 to 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.

## **May ku saabsing'yi Bayaanky Daaweyowky Aafimaadky Maskahthy?**

Aafimaady maskahthy walibuwaa awoody ady ki fahami korty warbihin oo waany ki istimaali korty gudooming adi si nadiif eh inki fikiry korty marky ady deerasy go'aane. Hady ady ing abood iniing lahaayni iny ady si bayaangsing in fikirty si ady ing deerty go'aane aafimaad, waly dooridy korte qof ady ki kaalmeyow. Waly jare ujeedooying badang oo eh sababty ling ki baahady kory foomkung, sidy hady ady eed ing jirrinty misy ady qaadidaasy daawooying saameyow awoody fikirka.

## **Mayu qoraal derdaaring?**

Qoraal derdaaring walibuwa foom sheegow noo'eh daaweyowky aafimaad ady fadaasy haalatho bersho. Walibaa shaleediye saamayng leta hady ady qabty jirry ling dhimithi kory misi si joogty eh miyir la'aang ing ety, sidy hady ady haalad koomaa eh ki jarty oo kaly. Qoraal derdaaring, waly ing sheegy korti haang biyaayang daryeelky aafimaad noo'eh kaalmidy ady fadaasy, sidy qalabky makiinidy ady fadaasy iny neefy kii kaalmayty misy tubooyinky quudiyowky hady ady si aady eh wal iniing aamy korny.

## **Mayu Amarky Inisky Deesheng Reed Hangkiyowky (DNR)?**

Amarky Inisky Deesheng Reed Hangkiyowky (DNR) walibuwaa noo kaly oo kumid eh Amary-rasmy eh oo Hormarsing. Waly kiing ogolaadase iny ady qaathity daaweyowky la hariirty suhinty sambabidy eh (CPR) misy daaweyow kaly si la inisky deyi iny liky badbaadiyi hady wadnaada istaagty misy hady adi suring jiidy neefsidowky.

## **Mady ani buuyi foomingkun ay siye warqatho Amar-rasmygy eh oo Hormarsing?**

Waliba nuqul kumid eh foomingkun siyaase taktarka. Hal habiny wali siyaase qofky misy dadky ady ki metelaayang. Ing sheeg haang biyaayang daryeelky aafimaadky iyo haang ki siyaayang daryeelky iny adi haaysity Amar-rasmy eh oo Hormarsing. Sidaas oo kaly waliba fikrid faayly eh iny ady nuqul reebity hady ady ing baahingty ini ady isbitaalky qaliing misy daaweyow inki baty fadaasi.

## **Sidee inky sameeye bedel misy ing bedelee warqaday Amarky-rasmy eh oo Hormarsing?**

Wali bedeli kortee misy ing sameeyi korty warqad usubing oo eh amar-rasmy eh oo hormarsing waqty kasty. Waly shaleediye tartariigase warqady hory walina buuyase foom usubing. Hady ady su'aali qabty misy adi fadaasy iny iqtiyaaradka qoraal ki qorty, ing sheeg taktarka misy haang biyaayang daryeeky aafimaad.

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