

## **Planning For the Care of Your Loved Ones: Part 2**

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As mentioned before, Advanced Directives are your plans you wish for future medical treatment should you become incapacitated by illness or accident. This means that others need to communicate your wishes to healthcare providers. To be more specific, there are two types of advance directives. A living will is an actual written, legal document that specifies what type of medical treatment you want. It can specify under what circumstances life-sustaining treatment should be terminated. This can include artificial feeding alternatives, blood transfusion and prolonged use of a respirator to name a few.

The second type is called Durable Power of Attorney for Health Care. This is a document that identifies who can make medical decisions on your behalf if you cannot communicate your needs yourself. It is important to note that this type of document does not appoint anyone to make financial or legal decisions for you. One person usually needs to be identified as the Durable Power of Attorney for Health Care. This can help lessen any confusion if there are many siblings etc. as well.

Next week we will review the importance of communicating with your loved ones and the benefits of having Advanced Directives.

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