

Harvard Medical School A Guide to Living Wills and Health Care Proxies

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Harvard Medical School

A Guide to Living Wills and Health Care Proxies

How to protect your right to make crucial health care decisions

INSIDE

- Appointing a health care agent
- Organizing your thoughts about medical decisions
- How to be a good agent
- Privacy rules and advance directives
- How to talk about end-of-life issues
- The forms you need

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Harvard Health Publications : Harvard Medical School A Guide to Living Wills and Health Care Proxies before purchasing it in order to gauge whether or not it would be worth my time, and all praised Harvard Medical School A Guide to Living Wills and Health Care Proxies:

It's never easy to ponder death, whether you're facing the demise of a loved one or the end of your own life. But taking some time to think and plan ahead for those final hours or days can be a future blessing for your family and others.

close to you. Living wills and health care proxies documents known as advance care directives give you a voice in decisions about your medical care. Less than 30% of Americans have filled out advance directives. Yet without these documents, choices may be left up to a doctor or someone appointed by a judge a person who may not know your values, beliefs, or preferences (your health care philosophy). You can hope your health will be sound for the rest of your life, but there are no guarantees. So take the time to learn about and complete the necessary forms and the sooner the better. Even if you re in perfect health, you never know when life may throw a medical crisis your way. That s why everyone over age 18 should have a living will or health care proxy. As you get older, this becomes more crucial; half of hospital stays and 80% of deaths involve people over age 65. A Guide to Living Wills and Health Care Proxies is a report from Harvard Medical School designed to help you protect your rights. Although health care proxies and living wills are important forms to fill out, they're not difficult to understand, and you don't need a lawyer's help. This report explains the process, gives you tips on how to talk about this difficult subject, and provides you with the actual forms and worksheets you need.