

District of Columbia Declaration

Declaration made this 16 day of June, 2016

I, Connor Delaney , being of sound mind, willfully and voluntarily make known my desires that my dying shall not be artificially prolonged under the circumstances set forth below, do declare:

If at any time I should have an incurable injury, disease, or illness certified to be a terminal condition by two (2) physicians who have personally examined me, one of whom shall be my attending physician, and the physicians have determined that my death will occur whether or not life-sustaining procedures are utilized and where the application of life-sustaining procedures would serve only to artificially prolong the dying process, I direct that such procedures be withheld or withdrawn, and that I be permitted to die naturally with only the administration of medication or the performance of any medical procedure deemed necessary to provide me with comfort care or to alleviate pain.

In the absence of my ability to give directions regarding the use of such life-sustaining procedures, it is my intention that this declaration shall be honored by my family and physician(s) as the final expression of my legal right to refuse medical or surgical treatment and I accept the consequences from such refusal.

I understand the full import of this declaration and I am emotionally and mentally competent to make this declaration.

SIGNATURE

Signed: _____

Date: _____

Address: 345 Fullview Drive, Washington, DC 22222

WITNESS

I believe the declarant to be of sound mind. I did not sign the declarant's signature above for or at the direction of the declarant. I am at least eighteen (18) years of age and am not related to the declarant by blood, marriage, or domestic partnership, entitled to any portion of the estate of the declarant according to the laws of intestate succession of the District of Columbia or under any will of the declarant or codicil thereto, or directly financially responsible for declarant's medical care. I am not the declarant's attending physician, an employee of the

attending physician, or an employee of the health facility in which the declarant is a patient.

Witness: _____ Date:

Address:

Witness: _____ Date:

Address:

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GENERAL INSTRUCTIONS

WHAT IS A LIVING WILL?

A Living Will is a legal document that leaves instructions about your preferences for end-of-life care and medical treatment. Unlike a traditional Last Will and Testament, a Living Will takes effect when you are still alive but unable to communicate your medical wishes if you ever become terminally ill or unconscious.

If you have an opinion on one of these questions, you would benefit from a Living Will.

- How long would you want to be on artificial life support?
- Do you want to be resuscitated after suffering from a cardiac arrest?
- Would you prefer to pass away “naturally” or Allow Natural Death (AND)?
- Are you okay with ventilators and feeding tubes but not intubation?
- How do you feel about patient comfort and pain management?

COMMON SITUATIONS

You may need a Living Will if you are:

- Over the age of 18 years old
- Military personnel being deployed overseas
- Traveling abroad for an extended period of time
- Undergoing surgery or will be entering the hospital for any reason
- Diagnosed with a terminal medical condition or illness
- Undergoing continuous medical treatment by a physician or medical team
- Growing wiser and older but concerned about your current health
- Wanting your family members know how you want to be medically treated
- Engaged in a high risk profession (i.e. firefighter or police)
- Creating an estate plan along with a traditional Will and Power of Attorney

WHEN IS IT NEEDED

Living Wills are commonly used when someone wants the peace of mind that their medical and health decisions will be made according their final wishes.

With a Living Will, your family members and health care providers know your preferences about:

- Organ or tissue donation
- Extended artificial life support
- The use of dialysis and breathing machines
- Resuscitation if your breathing or heartbeat stops
- What should happen if your doctor determines there is no recovery
- When, if ever, would you refuse medical care

WHAT IS INCLUDED

A simple living will should generally have at least the following:

1. End-of-life preferences. If you become terminally ill or injured, a Living Will directs your doctor to either continue or withhold life sustaining treatment.

2. What does it mean to be terminally ill or injured? Your doctor and another doctor decide that you have a condition that cannot be cured and that you will likely pass away in the near future from this condition. Given this unfortunate circumstance, how do you wish to be treated?

3. What does it mean to be permanently unconscious? Your doctor and another doctor (one of whom is qualified to make such a diagnosis) agree within a reasonable degree of medical certainty that: you can no longer think, no longer feel anything, no longer knowingly move, or no longer aware of being alive. The doctors believe that this condition will last indefinitely without hope for improvement and have watched you long enough to determine that you are permanently unconscious.

4. What is life sustaining treatment? Life sustaining treatment includes drugs, machines, or medical procedures that would help keep you alive but not cure you. Those who may refuse life sustaining treatment may prioritize quality of life in the final days of being alive.

5. Organ Donation. A Living Will allows you to specify whether you want to donate your body, organs, and/or tissues for transplantation or medical research. The body is temporarily kept on life-sustaining treatment until organs are removed for donation. Alternatively, you can specify a scientific study at a local medical school or university to donate your body.