

# POWER OF ATTORNEY FOR MY HEALTH CARE

A Simple Health Care Advance Directive

*This form combines the many different state legal requirements into a “universal” legal form that is intended to meet the basic requirements in most states. This form has space so you can add any special instructions or limitations you wish to include. But remember, this form is a basic Health Care Power of Attorney. It is not meant for a lengthy statement of your wishes and preferences. Remember, you should discuss your wishes and priorities directly with your agent and with others who are close to you.*

## INFORMATION ABOUT THE PRINCIPAL

\_\_\_\_\_  
**Principal’s Full Name**

\_\_\_\_\_  
**Principal’s Street Address**

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
**Principal’s Daytime Phone**

\_\_\_\_\_  
**Principal’s Other Phone**

\_\_\_\_\_  
**Principal’s Birthday**

\_\_\_\_\_  
**Principal’s Email Address**

## WHO WILL BE YOUR HEALTH CARE AGENT?

\_\_\_\_\_  
**Agent’s Full Name**

\_\_\_\_\_  
**Agent’s Street Address**

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
**Agent’s Daytime Phone**

\_\_\_\_\_  
**Agent’s Other Phone**

\_\_\_\_\_  
**Agent’s Email Address**

**WHO WILL BE YOUR BACK-UP AGENT(S)?**

If my first agent is unwilling or unable to act for any reason, then my next choice is:

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**Back-Up Agent's** Full Name

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**Back-Up Agent's** Street Address

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City

State

Zip Code

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**Back-Up Agent's** Daytime Phone

**Back-Up Agent's** Other Phone

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**Back-Up Agent's** Email Address

**WHAT WILL YOUR AGENT'S POWERS BE?**

My agent knows my goals and wishes based on our conversations and on any other guidance I may have written. My agent has full authority to make decisions for me about my health care according to my goals and wishes. If the choice I would make is unclear, then my agent will decide based on what he or she believes to be in my best interests. My agent's authority to interpret my wishes is intended to be as broad as possible, and includes the following authority:

1. To agree to, refuse, or withdraw consent to any type of medical care, treatment, surgical procedures, tests, or medications. **This includes decisions about using mechanical or other procedures that affect any bodily function, such as artificial respiration, artificially supplied nutrition and hydration (that is, tube feeding), cardiopulmonary resuscitation, or other forms of medical support, even if deciding to stop or withhold treatment could or would result in my death.** \_\_\_\_\_ (Principal's initials)
2. To have access to medical records and information to the same extent that I am entitled to, including the right to disclose health information to others.
3. To authorize my admission to or discharge (even against medical advice) from any hospital, nursing home, residential care, assisted-living or similar facility or service.
4. To contract for any health care-related service or facility for me, or apply for public or private health care benefits, with the understanding that my agent is not personally financially responsible for those contracts.
5. To hire and fire medical, social service, and other support personnel who are responsible for my care.

6. To authorize my participation in medical research related to my medical condition.
7. To agree to or refuse using any medication or procedure intended to relieve pain or discomfort, even though that use may lead to physical damage or dependence or hasten (but not intentionally cause) my death.
8. To decide about organ and tissue donations, autopsy, and the disposition of my remains as the law permits.
9. To take any other action necessary to do what I authorize here, including signing waivers or other documents, pursuing any dispute resolution process, or taking legal action in my name.

**DO YOU HAVE SPECIAL INSTRUCTIONS OR LIMITATIONS FOR YOUR AGENT?**

\_\_\_\_\_

**WHEN WILL THIS POWER BE EFFECTIVE?**

This Power of Attorney for My Health Care will become effective during any time in which, in the opinion of my agent and attending physician, I am unable to make or communicate a choice about a particular health care decision.

**OTHER PROVISIONS**

1. Health care providers can rely on my agent. No one who relies in good faith on any representations by my agent or back-up agent will be liable to me, my estate, my heirs or assigns, for recognizing the agent's authority.
2. I cancel any previous power of attorney for health care that I may have signed.
3. I intend this power of attorney to be universal; it is valid in any jurisdiction in which it is presented.
4. I intend that copies of this document are as effective as the original.
5. My agent will not be entitled to compensation for services performed under this power of attorney, but he or she will be entitled to reimbursement for all reasonable expenses that result from carrying out any provision of this power of attorney.

**SIGNATURE**

I understand the contents of this document and the effect of granting powers to my agent.

\_\_\_\_\_  
Principal's Signature

\_\_\_\_\_  
Principal's Name

March 25, 2019  
\_\_\_\_\_  
Date

**A STATEMENT BY YOUR WITNESSES**

I declare that I personally know you — the person who signed this document — or I have adequate proof of your identity, and that you signed or acknowledged this *Power of Attorney for My Health Care* in front of me, and that you appear to be of sound mind and under no duress, fraud, or undue influence.

I am an adult and am **NOT** any of the following:

1. Appointed as your agent or back-up agent
2. Related to you by blood, marriage, domestic partnership, or adoption, nor a spouse of any such person.
3. Your health care provider, including the owner or operator of a health, long-term care, or other residential or community care facility serving you
4. An employee of your health care provider
5. Financially responsible for your health care
6. An employee of your life or health insurance provider
7. A creditor of yours or entitled to any part of your estate under a will or codicil, trust, insurance policy, or by operation of intestate succession laws.
8. Entitled to benefit financially in any other way after you die.

**First Witness**

\_\_\_\_\_  
Witness Signature                                      Date

\_\_\_\_\_  
Witness Name

\_\_\_\_\_  
Witness Address

\_\_\_\_\_  
City                                      State                                      Zip Code

**Second Witness**

\_\_\_\_\_

**Witness** Signature

Date

\_\_\_\_\_  
**Witness** Name

\_\_\_\_\_  
**Witness** Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip Code

**NOTARY ACKNOWLEDGEMENT OF PRINCIPAL**

State of \_\_\_\_\_ )  
  ) **(Seal)**  
County of \_\_\_\_\_ )

The foregoing instrument was acknowledged before me this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, by the undersigned, \_\_\_\_\_, who is personally known to me or satisfactorily proven to me to be the person whose name is subscribed to the within instrument.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Notary Public

My Commission Expires: \_\_\_\_\_

**NOTARY ACKNOWLEDGEMENT OF WITNESSES**

State of \_\_\_\_\_                             )  
   ) **(Seal)**  
County of \_\_\_\_\_                         )

The foregoing instrument was acknowledged before me this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, by the undersigned witnesses, \_\_\_\_\_, and \_\_\_\_\_, who are personally known to me or satisfactorily proven to me to be the person whose name is subscribed to the within instrument.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Notary Public

My Commission Expires: \_\_\_\_\_

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## GENERAL INSTRUCTIONS

### WHAT IS A MEDICAL POWER OF ATTORNEY?

A Power of Attorney for Health Care allows you to name a health agent, someone who will make health decisions for you if you cannot. Your health care agent will ensure that your health care providers give you the care you wish to receive. You can also require that your health care agent communicate in any manner with you about any specific proposed health care.

### WHEN IS IT NEEDED?

A Medical Power of Attorney or POAs are commonly used when someone wants the peace of mind that their health decisions will be made by someone they trust. The Health Care Agent steps into your shoes and can access your medical information and make decisions on your behalf.

You may need a Medical POA if you are:

- Over the age of 18 years old
- Military personnel being deployed overseas
- Traveling abroad for an extended time
- Diagnosed with a chronic condition or life threatening illness
- Growing wiser and older but concerned about your current health
- Married and want your spouse to have legal authority over property you own
- Participate in extreme sports or activities that put your health at risk
- Engaged in a high risk profession (i.e. firefighter or member of police force)

### OTHER NAMES

People may call a Medical POA by:

- Advance Medical Directive
- Durable Power of Attorney for Health Care
- Health Care Advance Directive
- Health Care Power of Attorney
- Health Care Proxy
- Medical Durable Power of Attorney
- Power of Attorney for Health Care

## WHAT SHOULD BE INCLUDED

A Medical Power of Attorney should generally address the following:

- **Who** do you trust to make healthcare decisions for you
- **What** kind of decisions can your health care agent make on your behalf
- **When** can your health care agent begin making medical decisions for you
- **Why** you prefer to continue or discontinue artificial life sustaining treatment

You can specify whether your health care agent can make these additional decisions on your behalf:

- **Mental Health Treatment**
  - Admit you into an institution for mental diseases or state treatment facility
  - Give consent to experimental mental health research or psychosurgery
- **Nursing Homes**
  - Admit you into a nursing home
  - Admit you into a community-based residential facility
- **Feeding Tubes**
  - Withhold or withdraw a feeding tube
- **Pregnant Women**
  - Health care agent may or may not make healthcare decisions for you if they know you are pregnant
- **Medical Records**
  - Request, receive, and review all medical records
  - Grant medical releases
  - Consent to disclosure of info
- **Medical Treatment**
  - Initiate or withhold a procedure
  - Start or stop a medical service
  - Modify medical care
  - Employ and discharge healthcare personnel
- **Anatomical Gifts**
  - Arrange or prohibit organ donations or donate your body

