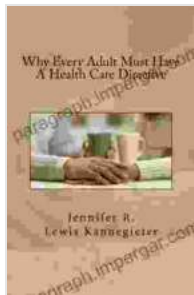


# Why Every Adult Must Have a Health Care Directive

A health care directive is a legal document that allows you to state your wishes about your medical care in the event that you become unable to make decisions for yourself. It is an important document that can help ensure that your wishes are respected and that you receive the care that you want.



## Why Every Adult Must Have A Health Care Directive

★★★★★ 5 out of 5

Language	: English
File size	: 328 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray for textbooks	: Enabled
Word Wise	: Enabled
Print length	: 61 pages
Lending	: Enabled



There are two main types of health care directives: living wills and medical powers of attorney.

- A living will is a document that states your wishes about end-of-life care. It can include instructions about whether you want to be kept alive on life support, whether you want to receive artificial nutrition and hydration, and whether you want to donate your organs.

- A medical power of attorney is a document that gives someone else the authority to make medical decisions for you if you are unable to do so yourself. This person is called your health care agent.

It is important to have both a living will and a medical power of attorney. A living will states your wishes about end-of-life care, while a medical power of attorney gives someone else the authority to make medical decisions for you if you are unable to do so yourself.

### **Who should have a health care directive?**

Every adult should have a health care directive. It is especially important for people who are over the age of 65 or who have a serious illness.

### **How do I create a health care directive?**

There are many different ways to create a health care directive. You can download a form from the internet, you can get help from a lawyer, or you can talk to your doctor.

Once you have created a health care directive, it is important to keep it in a safe place where it can be easily found. You should also give copies to your doctor, your family members, and your friends.

### **What are the benefits of having a health care directive?**

There are many benefits to having a health care directive. Some of the benefits include:

- It can help ensure that your wishes are respected.
- It can help reduce the burden on your family and friends.

- It can help you avoid unnecessary medical treatment.
- It can give you peace of mind.

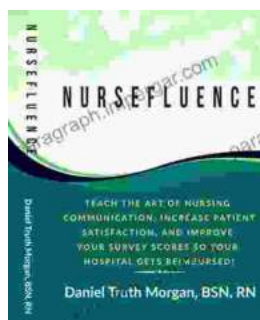
A health care directive is an important document that can help ensure that your wishes are respected and that you receive the care that you want. If you are an adult, it is important to create a health care directive today.



## Why Every Adult Must Have A Health Care Directive

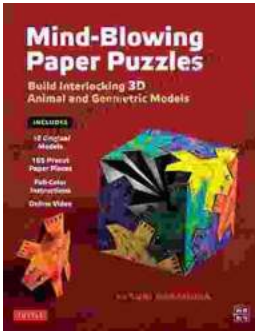
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