

ALAMO HILLS MEDICAL GROUP, INC

YOUR RIGHT TO MAKE DECISIONS ABOUT MEDICAL TREATMENT

The following explains your rights to make health care decisions and how you can plan what should be done when you can't speak for yourself. A federal law, the Patient Self-Determination Act, requires us to give you this information. We hope this information will help increase your control over your medical treatment.

WHO DECIDES ABOUT MY TREATMENT?

Your doctors will give you information and advise about treatment. You have the right to choose. You can say "Yes" to treatments you want. You can say "NO" to treatments you don't want—even if the treatment might keep you alive longer.

HOW DO I KNOW WHAT I WANT?

Your doctor must tell you about your medical condition and about what different treatments can do for you. Many treatments have "side effects". Your doctor can inform you about serious problems that medical treatment is likely to cause you.

Often, more than one treatment might help you—and people have different ideas about which is best. Your doctor can tell you which treatments are available to you, but your doctor can't choose for you. The choice depends on what is important to you.

WHAT IF I'M TOO SICK TO DECIDE?

If you can't make treatment decisions, your doctor will ask your closest relative or friend to help decide what is best for you. Most of the time, that works. But sometimes everyone doesn't agree about what to do. That's why it is helpful if you say in advance what you want to happen if you can't speak for yourself. There are several kinds of "advance directives" that you can use to say what you want and who you want to speak for you. One kind of advance directive under the California law lets you name someone to make health care decisions when you can't. That form is called a "Durable Power of Attorney for Health Care".

WHO CAN FILL OUT THIS FORM?

You can if you are 18 years or older and sound mind. You do not need a lawyer to fill it out.

WHO CAN I NAME TO MAKE MEDICAL TREATMENT DECISIONS WHEN I'M UNABLE TO DO SO?

You can choose an adult relative or friend you trust as your "agent" to speak for you when you're too sick to make your own decisions. You may also name a second agent and a third agent, in the event either the first and/or second agent is unavailable.

HOW DOES THIS PERSON KNOW WHAT I WOULD WANT?

After you choose someone, talk to that person about what you want. You can also write down in the "Durable Power of Attorney for Health Care" when you would want medical treatment. Talk to your doctor about what you want and give your doctor a copy of that form. Give another copy to the person named as your agent. And take a copy with you when you go into a hospital or other treatment facility. Sometimes treatment decisions are hard to make and it truly helps your family and your doctors if they know what you want. The "Durable Power of Attorney for Health Care" also gives them legal protection when they follow your wishes.

WHAT IF I DON'T HAVE ANYBODY TO MAKE DECISIONS FOR ME?

You can use another kind of advance directive to write down your wishes about treatment. This is called a "living will" because it takes effect while you are still alive but have become unable to speak for yourself. You can use another kind of advance directive to write down your wishes about treatment. The California Natural Death Act permits you to sign a "Declaration", which expresses your wishes regarding treatment in the event that you have a terminal condition or become permanently unconscious. Anyone 18 years or older and of sound mind can sign one.

When you sign a "Declaration" it tells your doctors that you don't want any treatment that would only prolong your dying. All life-sustaining treatment would be stopped if you were terminally ill and your death was expected soon, or if you were permanently unconscious. You will still receive treatment to make you feel comfortable, however. The doctors must follow your wishes about limiting treatment or turn your care over to another doctor who will. Your doctors are also legally protected when they follow your wishes.

ARE THERE OTHER LIVING WILLS I CAN USE?

Instead of using the "Declaration" in the Natural Death Act, you can use any of the available living will forms. You can use a "Durable Power of Attorney for Health Care" form without naming and agent. Or you can write down your wishes on a piece of paper. Your doctors and family can use what you write in deciding about your treatment. But living wills that don't meet the requirements of the Natural Death Act don't give as much legal protection for your doctors if a disagreement arises about following your wishes.

WHAT IF I CHANGE MY MIND?

You can change or revoke any of these documents at any time as long as you can communicate your wishes.

DO I HAVE TO FILL OUT ONE OF THESE FORMS?

No, you don't have to fill out these forms if you don't want to. You can just talk with your doctors and ask them to write down what you've said in your medical chart. And you can talk with your family. But people will be more clear about your treatment wishes if you write them down.

WILL I STILL BE TREATED IF I DON'T FILL OUT THESE FORMS?

Absolutely. You will still get medical treatment. We just want you to know that if you become too sick to make decisions, someone else will have to make them for you. Remember that:

- A "Durable Power of Attorney for Health Care" lets you name someone to make treatment decisions for you. That person can make most medical decisions- not just those about life sustaining treatment-when you can't speak for yourself. Besides naming an agent, you can also use the form to say when you would and wouldn't want particular kinds of treatment.
- If you don't have someone you want to name to make decisions when you can't, you can sign a "Natural Death Act Declaration". This "Declaration" says that you do not want life prolonging treatment if you are terminally ill or permanently unconscious.

The California Department of Health Services to implement Public Law 101-508 has adopted the California Consortium Patient Self-Determination prepared the preceding text, which

HOW CAN I GET MORE INFORMATION ABOUT ADVANCE DIRECTIVES?

Durable Power of Attorney for Health Care forms can be obtained from you local stationary store, book store, library or senior citizens center. Forms and other information can also be obtained by calling The California Medical Association at 415-882-5175