

You can get this document in another language, format, large print or ask for an interpreter at no cost to you. Please call us at 800-832-4580 (TTY 800-735-2900) to request a copy of this document or an interpreter.

Puede obtener este documento en otro idioma, otro formato o en letra grande o pedir un intérprete sin costo alguno para usted. Llámenos al 800-832-4580 (TTY 800-735-2900) para pedir una copia de este documento o un intérprete.

InterCommunity
Health Network CCO

2300 NW Walnut Blvd., Corvallis, OR 97330
800-832-4580 (TTY 800-735-2900)

IHNtogether.org

A wellness brochure made for members of InterCommunity Health Network CCO.

InterCommunity
Health Network CCO



Advance directives

Your care is your decision

Your partner in community health

Advance directives are not just for older adults. Unexpected situations can happen at any age, so it is important to have one if you are 18 or older.



Why create an advance directive?

Someday you could become so sick or injured, you may not be able to tell your health care providers which medical treatments you want. An advance directive is a written document that allows you to express your wishes for medical care if you are not able to speak for yourself.

If you do not have an advance directive, your providers may ask your family what to do — and if they cannot or will not decide, you will receive the standard medical treatment for your condition. If you are awake and alert, your providers will always listen to what you want.

Having your treatment decisions in writing will help you plan for the kind of care you want. It is important to create an advance directive while you are able to speak for yourself verbally, in writing or in sign language. Filling out an advance directive is your choice. Your health care providers cannot treat you differently based on whether or not you have an advance directive.

Types of advance directives

Advance directive form

This form is a document that can be used to assign someone you trust as your health care representative to make decisions for you. It also states how you want to be cared for if you are not able to make your own medical decisions.

Living will

This is a document providing specific instructions for your treatment, such as the use of breathing machines, blood transfusions and feeding tubes.

Medical power of attorney

This document allows you to assign someone to make medical care decisions for you, if you are not able to. You should choose a family member, friend or other trusted person.

Do not resuscitate order

A do not resuscitate (DNR) order states that you do not want anyone to attempt to resuscitate (save) you if your breathing or heart stops.

Physician orders for life-sustaining treatment (POLST)

This form is filled out by you and your health care provider. It has orders to be followed by all medical personnel. A POLST is not valid without your health care provider's signature.



Talk with your family

Talk with your family about your personal beliefs about life-sustaining treatments and end-of-life care. Give your loved ones the information they will need to make decisions for you. It is important to talk about:

- Would you want to try medical treatments to help extend your life?
- When would you want medical treatments to stop?
- Would being pain-free or remaining independent play a part in your decisions about your medical care?
- Are there religious, spiritual or moral beliefs that could affect your medical treatment?
- Do concerns about money affect decisions about your medical care?
- Would you want to receive fluids through a vein or receive food through a feeding tube?
- Would you want to receive cardiopulmonary resuscitation (CPR) if your breathing or heart stops?
- Would you want to be permanently placed on a breathing machine?
- What would you like done with your body if you die?

Talk with your health care provider

Your health care provider can help answer questions you may have about life-sustaining treatments and end-of-life care. Ask your provider what you should know about:

Cardiopulmonary resuscitation (CPR) – an emergency technique used if your heart or breathing stops.

Comfort measures – medical treatments such as pain medication and oxygen to keep you comfortable.

Feeding tube – a device used to give you nutrition when you have trouble eating or drinking.

Ventilator – a device that gives you oxygen if you are not able to breathe on your own.

Advance directives give you the choice to:

- Accept all treatments.
- Accept treatments recommended by your health care provider.
- Accept some treatments and refuse others.
- Refuse all recommended treatments.

You can choose to receive pain medication for comfort, even if you refuse other treatments.

How to get started

You can get information about advance directives from your health care provider, local hospital, health plan or an attorney. Advance directives do not expire and remain in effect, unless you decide to change them.

Keep a copy of your advance directive for yourself, and give copies to your family members and health care provider. They can only follow your instructions if they have them.

It's your right

Under Oregon law, you have the right to create an advance directive. You also have the right to decide your own health care as long as you are able to — even if you have an advance directive. You can change your mind or cancel your advance directive at anytime.

Due to a moral or religious belief, you may have a wish that a health care provider or hospital is not able to follow. You should talk with them about your advance directive.

If your health care provider does not follow your advance directive, you can file a complaint. The complaint form can be found at healthoregon.org/hcrqi. Send your complaint to:

Health Care Regulation and Quality Improvement
800 NE Oregon St., Suite 465
Portland, OR 97232

Email: mailbox.hclc@odhsoha.oregon.gov

Phone: 971-673-0540 (TTY 711)

Fax: 971-673-0556

Support is available

There are resources available to you. Some classes and programs may charge a fee that may be covered by IHN-CCO. Check your member handbook or call IHN-CCO for more information.

Oregon advance directive form



Scan this code or visit oregon.gov and enter "advance directive" in the search bar to find and download the Oregon advance directive form.

Living well with chronic conditions

This six-week workshop teaches practical skills for living a healthy life with an ongoing health condition. To learn more:

Email: SHSHealthEd@samhealth.org

Phone: 541-768-6811

Samaritan Medical Alert

Samaritan Medical Alert offers a variety of medical alert devices to help you keep your independence and give loved ones peace of mind in case of an emergency.

Phone: 541-812-4703
toll free 888-901-2441