

Medical Advance Directives

Medical advance directives tell others how to make medical decisions when you no longer can speak for yourself. Living wills, medical durable powers of attorney and C.P.R. directives are examples of medical advance directives used in Colorado.

Two available resources to help you prepare your Medical Advance Directive are:

A. Aging With Dignity 1-888-594-7437 www.agingwithdignity.org

The Five Wishes document helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living will and health agent forms because it looks to all of a person's needs: **medical, personal, emotional and spiritual**. Five Wishes also encourages discussing your wishes with your family and physician.

Five Wishes lets your family and doctors know:

1.
 1. Which person you want to make health care decisions for you when you can't make them.
 2. The kind of medical treatment you want or don't want.
 3. How comfortable you want to be.
 4. How you want people to treat you.
 5. What you want your loved ones to know.

B. Caring Connections 1-800-658-8898 www.caringinfo.org

Provides free resources and information to help people make decisions about end-of-life care and services before a crisis.

1. State-specific advance directives

2. Easy to read publications on these and other topics:

- Talking about end-of-life wishes
- [Grieving a loss](#)
- Supporting someone who is grieving
- Caring for your loved ones
- Talking to your doctor about pain or illness
- Understanding hospice and palliative care services
- Paying for long-term care
- Caring for a seriously ill child