Health Decisions

Protect your rights by planning ahead
Healthcare Decisions

- Making choices about your healthcare
- Choosing doctors
- Choosing what medical treatment is best for you
- Deciding if you want treatment or not
Advance Directive

- Instructions for the future
  - Who you trust to decide about healthcare if you can’t, and/or
  - What kind of treatment is okay with you, & what kind of treatment is not okay with you.

- Go into effect only when you can’t make your own decision
  - For example if you are hurt so bad you can’t tell the doctor what you want
Doctor’s Appointments

When do you need to see your doctor?
When you call to make appointment:

Tell them:
- Why you need to see the doctor.
- How soon you need to be seen.
- Any accommodations you need.

Ask them:
- What to bring?
- Any special instructions?
Getting Ready

Make a list of things to tell your doctor:

- How you feel, where it hurts
- Has this happened before?
- Changes in mood, amount of energy, sleep, eating, bathroom habits, other changes in your life.
- What medicines you take.
Getting Ready

- Decide how you will get there
- Decide what time you need to leave to get there 15 minutes before your appointment
- Do you want anyone to go with you?
Medical Information To Bring

- Who to call in emergency
- List of medicines you take
- Allergies
- Health problems you have
- Immunizations
- Surgeries or serious illness in the past
- Accommodations you need
- Insurance or Medicaid card
If you get nervous

What makes you nervous?
Tips to Calm Down

- Get there early so you are not rushed
- Tell the doctor or nurse about what makes you nervous
- Take a friend or support person with you
- Breath slowly
- Look away (if you are getting a shot)
- Think happy thoughts
At the appointment

- Ask the doctor to explain everything.
- If you are sick, ask what is wrong and what are the choices to treat it.
- Can other people catch it from you?
- Get written instructions.
- If they do a test, ask how you will find out the results.
- Do you need to come back? When?
If doctor prescribes medicine, ask

- What is it for?
- How long until it makes me feel better?
- Instructions about taking it (how much, when, with or without food, etc.)
- What should I do if it makes me feel bad or I get a rash?
- Will I need any blood tests while I am taking this?
When you get home

- Tell someone you trust what the doctor said to make sure you understand the instructions
- If you are taking a new medicine, pay close attention to how it makes you feel
- If you must go back for a follow up appointment, write it down on your calendar
Rights About Healthcare Decisions

- Decide about your healthcare:
  - Choose your doctors
  - Ask questions so you understand your choices
  - Decide if you want tests done
  - Decide if you want treatment
  - Decide what kind of treatment is best for you
Rights About Healthcare Decisions

- Challenge a determination that you lack capacity
  - This means your doctor and another doctor or a nurse have decided that you are not able to decide about your healthcare
Rights About Healthcare Decisions

- If you challenge this by saying that they are wrong and you CAN decide, then they must let you decide or convince a court that you can’t.
- If you have a court appointed guardian with power over your healthcare, you must go to court to challenge that too.
Rights About Healthcare Decisions

- Create an Advance Directive
  - Name a surrogate healthcare decision maker that you trust
  - State your wishes about future medical treatments
  - State what treatments you do not want
Rights About Healthcare Decisions

- You can change or revoke an advance directive
  - Revoke means you do not want to have an advance directive any more, so you get rid of it
  - If you change your mind you must tell your doctor
  - If your advance directive is written you must put the change on the paper or destroy the paper
Rights About Healthcare Decisions

- No body can force you create an advance directive
  - If you don’t have an advance directive, and you are not able to decide for yourself, a surrogate healthcare decision maker will be appointed for you. It will be the 1st person from this list that they can find:
    - Your husband or wife
    - A person who is like a husband or wife to you
    - Your child, if they are an adult
    - Your mother or father
    - Your brother or sister, if they are an adult
    - Your grandmother or grandfather
    - An adult friend who has shown that they care about you and know your wishes
Who do you trust?

- Knows you very well
- Can be reached quick
- Someone who will stand up for your wishes
- An adult (older than 18)
- Doesn’t work for an agency providing services to you
Treatment Issues

- How do you handle pain?

OUCH!
Treatment Issues

● How do you feel about being hooked up to machines to keep you alive?
Treatment Issues

- Do you want CPR if your heart or lungs stop working?
Treatment Issues

- What do you think about feeding tubes?
Treatment Issues

- Are blood transfusions okay with you?
If you are going to die, where would you like to be when it happens?
Do you want to be cremated or buried?
What do you want your funeral to be like?
How do you want to be remembered?