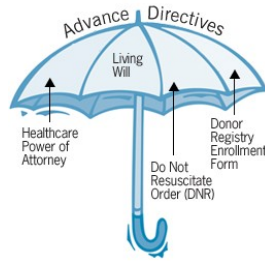


Please note: Advance directives do not concern financial planning.



Advance Directive Options NC

Living Will – document stating treatment preferences, only valid when individual is unable to communicate wishes.

Healthcare Power of Attorney – document that designates a “health care agent” and their powers.

NC Practical Form – document is a combination of living will + designation of health care agent.

Five Wishes – “easy-to-use” booklet written in everyday language that allows designation of health care agent + more specific end of life wishes.

Supplemental Advance Directive for Dementia – supplements an existing AD if individual chooses VSED at time of “chosen end point” of progressed dementia and has a designated health care agent in agreement to advocate on individual's behalf.

Psychiatric Advance Directive (PAD) – document stating treatment preferences in the case of a mental health crisis that prevents decisional capacity, also referred to as “Mental Health Advance Directive.”

~ Must be obtained from medical provider ~

DNR – resuscitation will not be initiated following event of cardiac/pulmonary arrest; does not affect other medical or comfort care.

MOST – document is combination of DNR + specification of medical treatment and wishes.



Ask the OCDoA about our DNR bracelets! We can upload your DNR or MOST forms to ensure emergency responders are aware of your active order and that your wishes are honored in the case of an emergency.

Five Steps for Advance Care Planning

1. **Think.** Think about what matters to you.
2. **Talk.** Talk about your wishes with your family, friends, and medical providers.
3. **Put it in writing.** Document your choices and decisions.
4. **Share.** Share your documents with your family, friends, and medical providers (MyChart).
5. **Review.** Review your advance care documents at least once a year.

Restrictions on Who You Can Choose to be Your Proxy

1. You may not choose someone under the age of 18.
2. If you're a patient in a health care facility, you may not choose an employee of that facility (unless the person is a relative).
3. You may not choose a member of your current health care team (doctor, nurse, etc.)

NC does not have restrictions related to beneficiaries/financial PoA also being the health care proxy.