

## **How do I change my Health Care Directive?**

You can change your health care directive as often as you want. Just prepare a new document. Make sure you destroy all former directives.

## **Where should I keep my Health Care Directive?**

Keep your health care directive in a safe place that is still readily accessible.

You may want to give your doctor a copy. You may want to give your proxy a copy.

You may want to have it reduced in size and laminated and keep it in your wallet.

## **Where can I find a sample form of Health Care Directive?**

Manitoba Health has a sample form of health care directive at: <https://www.gov.mb.ca/health/documents/hcd.pdf>

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# **Health Care**

## **Directives**

### **What is a Health Care Directive?**

A health care directive allows the maker (the person making the health care directive) to choose a proxy (someone to make healthcare decisions if the maker cannot). The health care directive also allows the maker to set out health care wishes.

### **What is another name for a Health Care Directive?**

Health care directives are also called living wills.

## **Why do I need a Health Care Directive?**

A health care directive can make sure your personal wishes are respected. It also relieves your loved ones of having to guess what your wishes are. A health care directive is useful if you are not competent to make medical decisions or if you are not able to communicate your wishes.

## **Who should I speak to before making a Health Care Directive?**

It would be a good idea to talk to your doctor and other health care professionals before you make a health care directive. That way you will be aware of the medical terms used to describe different types and levels of medical care. This will help make sure that your wishes are clearly understood.

You may also want to talk to your lawyer about any legal issues or terms.

You should talk to your close family members and the person you plan to appoint as proxy so that they know that you have a health care directive.

You may also want to read books, pamphlets and articles to better inform yourself.

## **How old does someone have to be to make a Health Care Directive?**

Anyone 16 years old or older can make a health care directive. The maker must also understand the consequences of their decision. In special circumstances, a person younger than 16 may be able to make a health care directive.

## **Does a Health Care Directive need to be witnessed?**

The health care directive does not need to be witnessed.

## **What are the legal requirements for a Health Care Directive?**

A health care Directive must be in writing. It must be signed and dated. There is no required form.

## **What is a proxy?**

Your proxy will make medical decisions on your behalf if you are not able to.

Your proxy's decisions will be based on your instructions in the healthcare directive and your proxy's personal knowledge about what your wishes are.

## **Who should I choose as a proxy?**

You should choose someone you trust, like a family member or close friend. Make sure the proxy is willing to be your proxy and that your proxy is aware of your wishes.

## **Can I have more than one proxy?**

Yes, you can have more than one proxy. However, make sure you say in the health care directive whether they are to act jointly or consecutively.

If they act jointly, they must make decisions together as a group. Say whether there must be a consensus or majority rules.

If they act consecutively, the first proxy will make the decisions. The second proxy only makes decisions if the first proxy is not able to do so.

## **Who should I tell that I have a Health Care Directive?**

Make sure your proxy, your family and your doctor know that you have a health care directive and where to find it.