



Advance Directives

Important Information About

- Living Wills
- Durable Power of Attorney for Health Care
- Organ Donation

What are my rights to make medical treatment decisions?

Pennsylvania law gives you the right to accept or refuse medical care. Creating an Advance Directive protects that right by making your wishes known. Advance Directives are important because they:

- 1) protect your rights
- 2) help your family to avoid making difficult decisions
- 3) give your doctor guidelines about your care

To learn about your decisions, the York Hospital will ask you whether you have a written Advance Medical Directive. If you have one, we will ask you for a copy to put in your medical record.

We also provide this booklet so that our patients know about their rights to control and direct their own medical treatment.

What are Advance Directives?

Pennsylvania recognizes two types of Advance Directives: Living Wills and Durable Powers of Attorney for Healthcare.

Facts about Living Wills

- A Living Will describes the kind of treatment you want or do not want if you cannot tell your doctor yourself. *Living Wills only apply to patients who are terminally ill* or permanently unconscious**. In other words, it applies only when medical treatment would prolong the dying process or keep you unconscious with no hope of waking. This pamphlet includes a sample Living Will. You may use the sample if you wish.
- Your living will does not have to look like the sample, but it must be signed by you (or someone you ask to act on your behalf) and two other adults.
- Your treating doctor can only follow your Living Will if:
 - 1) he or she has a copy of your Living Will (you should give each of your doctors a copy)
 - 2) you cannot make decisions about yourself
 - 3) you are either terminally ill or permanently unconscious
- You may, but do not have to, name a person in your Living Will to be your surrogate (substitute decision maker). If you cannot make your treatment decisions, this person will make sure that your Living Will is followed and will also make treatment decisions if a situation is not covered by your Living Will. If you name a substitute decision maker, it should be someone who knows your wishes. Also, if you name a Durable

*This word is included in the Glossary

Power of Attorney for Healthcare (explained below), he or she should be the same person as your named surrogate to avoid conflicts. (Our living will form does not have a place for a surrogate, but you may write one on the form if you wish.)

- Be sure to name someone who knows your wishes and who you trust to follow them.

Facts about a Durable Power of Attorney for Healthcare.

- In a Durable Power of Attorney for Healthcare, you name another person to make treatment decisions for you if you cannot make them yourself. For example, you might name your spouse to make decisions if you cannot communicate your wishes. As noted above, you can also do this in a Living Will, but there is a difference. In a Durable Power of Attorney for Healthcare, you name a decision maker without listing your specific treatment wishes, as is done in a Living Will. It is more flexible than a Living Will.
- These treatment decisions may include using your personal assets to cover health care costs and/or transfers to other facilities.
- There is a sample Durable Power of Attorney for Healthcare in this booklet. You may use this sample if you wish. Your Durable Power of Attorney for Healthcare does not have to look like the sample, but it must be signed by you (or someone you ask to act on your behalf) and two other adults.
- WellSpan Health can provide assistance in completing a Living Will and a Durable Power of Attorney for Healthcare. It is recommended that Estate Wills and Financial Powers of Attorney be drafted by an attorney because hospital staff cannot assist with these documents.

Does my doctor have to follow my Advance Directive?

- It is York Hospital policy to follow your Advance Directive, as long as it is valid under Pennsylvania law.
- If your doctor feels that your surrogate's decisions are not in your best interests, he or she will talk to your decision maker and try to come up with a solution that satisfies everyone.
- If your doctor or other healthcare provider cannot follow your Advance Directive, then he or she will tell you or your family. If this happens, we will find another provider to treat you and honor your decisions.

Is a Living Will effective if I am pregnant?

- Not in Pennsylvania, unless treatment
 - 1) would not allow the development and birth of the unborn child
 - 2) would physically harm the pregnant woman
 - 3) cause the pregnant woman pain which would not be relieved by medicine
- If you are terminally ill or permanently unconscious, and are kept alive despite your Living Will because you are pregnant, the Commonwealth of Pennsylvania must pay for all reasonable expenses of your care.

Can I change my mind?

You may change or cancel your Advance Directive at any time simply by telling your doctor or other healthcare provider. It is important to tell every doctor or provider who has a copy of your Advance Directive, including the York Hospital.

Do I have to write an Advance Directive?

- No, it is your decision whether to write one or not. Your treatment and its cost do NOT depend on whether you have an Advance Directive.
- If you do not have an Advance Directive, and you cannot make treatment decisions for yourself, your doctor may discuss what treatment you should receive with your family members. In some rare cases, healthcare providers may ask the court to help decide what treatment you should receive.

Where can I get more information?

Besides a lawyer, you may contact any of the groups below for more information.

- York County Area Agency on Aging (AAA)
141 West Market Street, York, PA 17401
Phone (717) 771-9610
- Five Wishes
Aging with Dignity, PO Box 1661, Tallahassee, FL 32302-1661
Phone (850) 681-2010
- Care Management Department
York Hospital
1001 South George Street, PO Box 15198, York, PA 17405-7198
Phone (717) 851-2227

Organ *and* Tissue Donation

What is organ and tissue donation?

Organ and tissue donation is an opportunity to save lives. It is possible to transplant many organs and tissues. Some of the organs donated are kidneys, livers, hearts, lungs, skin, and the pancreas. Donated tissues include bone, cornea, blood vessels, heart valves, ligaments, nerves, and cartilage. Organ donations are both life-saving and valuable in research. Research is the key to fighting disease, disabilities, and injuries.

Why is it important to donate organs?

The more donors there are, the more lives can be saved. Each year, thousands of people receive transplants. Unfortunately, many people need organs and tissues, but not enough are available. Many people die while waiting. State law requires hospitals to call the Organ and Tissue Procurement Organization on every death and impending death. If the patient could donate organs, the transplant coordinator will contact the family to discuss it. The coordinator will decide whether the organs and/or tissues can be transplanted. If not, they may be valuable for research.

Do I have to be an organ donor?

No. It is your decision whether or not to be an organ and tissue donor.

Who can be a donor?

Anyone at least 18 years old with an interest in saving someone's life can donate. Minors may also become donors with parental or guardian consent. If you decide to donate, you should fill out the donor card in this brochure and carry it in your wallet or purse. It is important that your family and doctor understand your decision.

Why is the donor card so important?

Donor cards save time. Time is very important for organ transplants, and a donor card identifies you right away. Healthcare providers know your wishes when they see your donor card. You can get more cards from the Gift of Life Organ Donation Organization at 1-800-KIDNEY1 or the Pennsylvania Department of Health, Division of Health Promotion, P.O. Box 90, Harrisburg, PA 17108. You can also note organ donation on your driver's license.

Does organ and tissue donation disrupt funeral arrangements?

No, donation neither delays funeral arrangements nor visibly disfigures the body for viewing.

Can I change my mind?

Yes, just tear up your donor card.

Does organ donation conflict with my religious beliefs?

Probably not. Leading members of most faith groups support organ donation and transplantation.

Can I donate my organs in my will?

You can, but it will not help anyone. By the time wills are read, it is too late for organ donation.

How much will it cost my family if I donate my organs?

Nothing. Your treatment and its cost do not depend on organ donation.

If you decide to become a donor, you should:

- 1) Tell others, especially your family and doctor
- 2) Complete a Uniform Donor Card
- 3) Carry your donor card at all times
- 4) Note it on your driver's license renewal

Glossary

Antibiotics	medicines that fight germs and infections
Blood and blood products	either blood or parts of blood (like platelets) given if the amount in your body becomes dangerously low
Cardiac Pulmonary Resuscitation (CPR)	actions used to restore stopped breathing and/or heartbeat
Incompetent	a person who cannot make or communicate decisions due to mental or physical illness
Kidney dialysis	a way to clean patients' blood with a machine if the kidneys no longer work properly
Mechanical respiration	use of machines to keep patients breathing
Permanently unconscious	also called a permanent coma, being unconscious with no hope of waking up
Surgery/Invasive tests	surgery or tests that involve entering the body to find out the cause of the problem or repair injuries
Terminally ill	a sickness from which a person is expected to die within a short period of time
Tube feeding / invasive nutrition or hydration	use of a tube placed into the stomach or vein to provide fluid and nutrients

Donor Card

COMPLETE ALL SIDES.

Clip on dotted lines and fold in center for photo license pouch.

**Pennsylvania Department of Health
Voluntary Uniform Anatomical
DONOR CARD**

Print or type name of donor _____

I hereby voluntarily make this anatomical gift, if medically acceptable, to take effect upon my death. The words and marks below indicate my desire.

I give (A) Any needed organs or tissues

(B) Only the organ(s) or tissue(s) specified below:
 Eyes Kidneys Skin Liver
 Heart Pancreas
Other _____

(C) My body for anatomical study, if needed.

Limitations or Special Wishes _____

For the purpose of Transplantation,, therapy, medical research or education.

EMERGENCY HEALTH INFORMATION

Known Medical Problems

_____ Allergies type _____ _____ Heart Related

_____ Diabetes _____ Epilepsy

_____ Other

Medications Taken Regularly

Physician _____ Dr. Phone No. _____

UNIFORM ANATOMICAL DONOR CARD

Signed by the donor and two witnesses, who must sign in donor's presence.

Signature of Donor Parent Guardian

Date of Birth of Donor

Street, City, State

Date Signed

Signature of Minor (If Donor)

Date Signed

1. _____
Witness (age 18 or older)
2. _____
Witness (age 18 or older)

**THIS IS A LEGAL DOCUMENT UNDER THE
PENNSYLVANIA UNIFORM GIFT ACT.**

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FOR MORE INFORMATION

If you have further questions regarding organ donation, consult your physician, your local Kidney Foundation, Eye Bank, County Medical Society or the Pennsylvania Department of Health, P.O. Box 90, Harrisburg, PA 17108, or call toll-free 1-800-692-7254. For total body donations, call the Humanity Gifts Registry 215-922-4440.

If you have further questions regarding the emergency health information contact your physician.

Pennsylvania Department of Health

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