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 have an end-stage medical condition or are permanently unconscious AND who are incompetent. 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 have an end-stage medical condition

• In addition to a Living Will, it is strongly recommended that you also designate a trusted person to be your surrogate *decision maker, in case you become unable to make or communicate treatment decisions for yourself. 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.

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

*These words are included in the Glossary
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 previously noted, you can also do this in a Living Will, but there are differences. 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. Unlike a Living Will, a Durable Power of Attorney is effective when you can’t make or communicate your wishes even if you do not have an end-stage medical condition or are permanently unconscious. It is more flexible than a Living Will.

• 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.

• It is recommended that Wills and Financial Powers of Attorney be drafted by an attorney because hospital staff cannot assist with these documents.

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

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. Typically this would be in descending order, a spouse or adult children from a previous relationship, an adult child, a parent or adult brother or sister, an adult grandchild or an adult who has knowledge of the patient’s preferences or wishes. In some rare cases, healthcare providers may ask the court to help decide who should make your treatment decisions.

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 1-888-594-7437

• Case Management Department
  York Hospital
  1001 South George Street, PO Box 15198, York, PA 17405-7198
  Phone (717) 851-2228

• Case Management Department
  Gettysburg Hospital
  147 Gettys Street, PO Box 3786, Gettysburg, PA 17325-0786
  Phone (717) 337-4202

• Adams County Office for Aging, Inc.
  318 West Middle Street
  Gettysburg, PA 17325
  Phone (717) 334-9296; (800) 548-3240

What should I do with my completed Advance Directive?

• Give a copy to your health care agent and your alternative health care agents.

• Give a copy to your physician.

• Tell your family that you have this written document and discuss it with them and with others, such as your attorney or clergy, if you desire.

• Keep a copy in an accessible but secure place. Note: A copy in a safe deposit box may not be accessible when needed.

• Send a copy to the hospital where you receive the majority of your medical care.

Does my doctor have to follow my Advance Directive?

• It is WellSpan Health’s 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 wishes or your surrogate’s decisions, then he or she will tell you or your family. If this happens, we will attempt to 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 live 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 have an end-stage medical condition or are 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.
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 previously noted, you can also do this in a Living Will, but there are differences. 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. Unlike a Living Will a Durable Power of Attorney is effective when you can’t make or communicate your wishes even if you do not have an end-stage medical condition or are permanently unconscious. It is more flexible than a Living Will.

- 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.

- It is recommended that Wills and Financial Powers of Attorney be drafted by an attorney because hospital staff cannot assist with these documents.

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

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. Typically this would be in descending order, a spouse or adult children from a previous relationship, an adult child, a parent or adult brother or sister, an adult grandchild or an adult who has knowledge of the patient’s preferences or wishes. In some rare cases, healthcare providers may ask the court to help decide who should make your treatment decisions.

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 1-888-594-7437

- Case Management Department
  York Hospital
  1001 South George Street, PO Box 15198, York, PA 17405-7198
  Phone (717) 851-2228

- Case Management Department
  Gettysburg Hospital
  147 Gettys Street, PO Box 3786, Gettysburg, PA 17325-0786
  Phone (717) 337-4202

- Adams County Office for Aging, Inc.
  318 West Middle Street
  Gettysburg, PA 17325
  Phone (717) 334-9296; (800) 548-3240

What should I do with my completed Advance Directive?

- Give a copy to your health care agent and your alternative health care agents.

- Give a copy to your physician.

- Tell your family that you have this written document and discuss it with them and with others, such as your attorney or clergy, if you desire.

- Keep a copy in an accessible but secure place. Note: A copy in a safe deposit box may not be accessible when needed.

- Send a copy to the hospital where you receive the majority of your medical 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.
What is organ and tissue donation?
Organ and tissue donation can save lives. Today many organs and tissues can be transplanted, including the kidneys, liver, heart, lungs and the pancreas. Tissues that can be donated include bone, skin (for severe burn victims), bone marrow, corneas, blood vessels, certain heart valves, ligaments, nerves and cartilage. Organ and tissue donations are also valuable in research, which is the key to making progress in the fight against disease.

Why is it important to donate organs?
Because it saves lives. The more donors there are, the more lives can be saved. Each year, thousands of people receive transplants. New drugs and improved surgical techniques have made transplants more successful. Unfortunately, many people desperately need organs and tissues but not enough are available.

Who can be a donor?
Anyone can decide to be a donor. If you are under the age of 18, however, you will need a parent or guardian’s signature to have the donor designation placed on your driver’s license or photo ID. It is also important to inform your family about your decision to donate. Your medical history at the time of death will determine what organ and tissue can be donated.

Why is the donor designation on your license or photo ID so important?
Designating your intent to be a donor on your license is a valid and legal gift document. Share your decision with your family so they are aware and can help carry out your wishes. Many families find comfort in knowing ahead of time what their loved one’s wishes are regarding organ and tissue donation. Sign up online at www.donatelife-pa.org. Or check “yes” for organ and tissue donation when you get or renew your driver’s license or photo ID.

Does organ and tissue donation disrupt funeral arrangements?
Donated organs are removed surgically, in a routine operation similar to any other surgery. Donation does not disfigure the body or change the way it looks in the casket.

Can I change my mind?
Yes, you can change your mind at any time. Please be sure to tell your family.

Does organ donation conflict with my religious beliefs?
Most major religions approve of organ and tissue donation. Many consider it the highest expression of compassion and generosity.

Can I donate my organs in my will?
By the time your Last Will and Testament is read, it is too late for any organs to be donated. You can designate your wishes in your Living Will. It is very important that you discuss your desire to be a donor with your family.

Do health problems or old age disqualify me from being a donor?
People of all ages and medical histories should consider themselves potential donors. All donors are evaluated on a case-by-case basis at time of death.

To become a Donor
1. Sign up quickly and easily online at www.donatelife-pa.org
2. Check “yes” for organ and tissue donation when you get or renew your driver’s license or photo ID.
3. It is important that you share your decision to donate so your family can understand your wish.

For more information contact Gift of Life Donor Program at www.donors1.org or telephone at 1.800.366.6771
Organ and Tissue Donation: The Gift of Life

What is organ and tissue donation?
Organ and tissue donation can save lives. Today many organs and tissues can be transplanted, including the kidneys, liver, heart, lungs and the pancreas. Tissues that can be donated include bone, skin (for severe burn victims), bone marrow, corneas, blood vessels, certain heart valves, ligaments, nerves and cartilage. Organ and tissue donations are also valuable in research, which is the key to making progress in the fight against disease.

Why is it important to donate organs?
Because it saves lives. The more donors there are, the more lives can be saved. Each year, thousands of people receive transplants. New drugs and improved surgical techniques have made transplants more successful. Unfortunately, many people desperately need organs and tissues but not enough are available.

Who can be a donor?
Anyone can decide to be a donor. If you are under the age of 18, however, you will need a parent or guardian’s signature to have the donor designation placed on your driver’s license or photo ID. It is also important to inform your family about your decision to donate. Your medical history at the time of death will determine what organ and tissue can be donated.

Why is the donor designation on your license or photo ID so important?
Designating your intent to be a donor on your license is a valid and legal gift document. Share your decision with your family so they are aware and can help carry out your wishes. Many families find comfort in knowing ahead of time what their loved one’s wishes are regarding organ and tissue donation. Sign up online at www.donatelifepa.org. Or check “yes” for organ and tissue donation when you get or renew your driver’s license or photo ID.

Does organ and tissue donation disrupt funeral arrangements?
Donated organs are removed surgically, in a routine operation similar to any other surgery. Donation does not disfigure the body or change the way it looks in the casket.

Can I change my mind?
Yes, you can change your mind at any time. Please be sure to tell your family.

Does organ donation conflict with my religious beliefs?
Most major religions approve of organ and tissue donation. Many consider it the highest expression of compassion and generosity.

Can I donate my organs in my will?
By the time your Last Will and Testament is read, it is too late for any organs to be donated. You can designate your wishes in your Living Will. It is very important that you discuss your desire to be a donor with your family.

Do health problems or old age disqualify me from being a donor?
People of all ages and medical histories should consider themselves potential donors. All donors are evaluated on a case-by-case basis at time of death.

To become a Donor
1. Sign up quickly and easily online at www.donatelifepa.org
2. Check “yes” for organ and tissue donation when you get or renew your driver’s license or photo ID.
3. It is important that you share your decision to donate so your family can understand your wish.

For more information contact Gift of Life Donor Program at www.donors1.org or telephone at 1.800.366.6771
### Glossary

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antibiotics</td>
<td>medicines that fight germs and infections</td>
</tr>
<tr>
<td>Blood and Blood Products</td>
<td>either blood or parts of blood (like platelets) given if the amount in your body becomes dangerously low</td>
</tr>
<tr>
<td>Cardiopulmonary Resuscitation (CPR)</td>
<td>actions used to restore stopped breathing and/or heartbeat</td>
</tr>
<tr>
<td>Chemotherapy</td>
<td>(also called chemo) is a treatment for cancer using drugs to destroy cancer cells. The drugs can be taken either as a pill or given to you into your vein (IV). Chemotherapy works by stopping or slowing the growth of cancer cells.</td>
</tr>
<tr>
<td>End-Stage Medical Condition</td>
<td>an irreversible medical condition which will result in death despite the introduction or continuation of medical treatment</td>
</tr>
<tr>
<td>Incompetent</td>
<td>a person who cannot make or communicate decisions due to mental or physical illness</td>
</tr>
<tr>
<td>Kidney Dialysis</td>
<td>a way to clean patients’ blood with a machine if the kidneys no longer work properly</td>
</tr>
<tr>
<td>Mechanical Respiration</td>
<td>use of machines to keep patients breathing</td>
</tr>
<tr>
<td>Permanently Unconscious</td>
<td>also called an irreversible coma or irreversible vegetative state, being unconscious with no hope of waking up</td>
</tr>
<tr>
<td>Radiation Treatment</td>
<td>is a treatment for cancer using high energy waves or particles such as x-rays or gamma rays to destroy or damage cancer cells</td>
</tr>
<tr>
<td>Surgery/Invasive Diagnostic Tests</td>
<td>surgery or tests that involve entering the body to find out the cause of the problem or repair injuries</td>
</tr>
<tr>
<td>Surrogate</td>
<td>A person you name to make treatment decisions, if you are not able to</td>
</tr>
<tr>
<td>Tube Feeding / Invasive Nutrition or Hydration</td>
<td>use of a tube placed into the stomach or vein to provide fluid and nutrients</td>
</tr>
<tr>
<td>Glossary</td>
<td>Notes:</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Antibiotics</td>
<td>medicines that fight germs and infections</td>
</tr>
<tr>
<td>Blood and Blood Products</td>
<td>either blood or parts of blood (like platelets) given if the amount in your body becomes dangerously low</td>
</tr>
<tr>
<td>Cardiopulmonary Resuscitation (CPR)</td>
<td>actions used to restore stopped breathing and/or heartbeat</td>
</tr>
<tr>
<td>Chemotherapy</td>
<td>(also called chemo) is a treatment for cancer using drugs to destroy cancer cells. The drugs can be taken either as a pill or given to you into your vein (IV). Chemotherapy works by stopping or slowing the growth of cancer cells.</td>
</tr>
<tr>
<td>End-Stage Medical Condition</td>
<td>an irreversible medical condition which will result in death despite the introduction or continuation of medical treatment</td>
</tr>
<tr>
<td>Incompetent</td>
<td>a person who cannot make or communicate decisions due to mental or physical illness</td>
</tr>
<tr>
<td>Kidney Dialysis</td>
<td>a way to clean patients’ blood with a machine if the kidneys no longer work properly</td>
</tr>
<tr>
<td>Mechanical Respiration</td>
<td>use of machines to keep patients breathing</td>
</tr>
<tr>
<td>Permanently Unconscious</td>
<td>also called an irreversible coma or irreversible vegetative state, being unconscious with no hope of waking up</td>
</tr>
<tr>
<td>Radiation Treatment</td>
<td>is a treatment for cancer using high energy waves or particles such as x-rays or gamma rays to destroy or damage cancer cells</td>
</tr>
<tr>
<td>Surgery/Invasive Diagnostic Tests</td>
<td>surgery or tests that involve entering the body to find out the cause of the problem or repair injuries</td>
</tr>
<tr>
<td>Surrogate</td>
<td>A person you name to make treatment decisions, if you are not able to</td>
</tr>
<tr>
<td>Tube Feeding / Invasive Nutrition or Hydration</td>
<td>use of a tube placed into the stomach or vein to provide fluid and nutrients</td>
</tr>
</tbody>
</table>