

The Minnesota Health Care Directive

A Planning Toolkit

- Use this PDF form to complete your personalized Health Care Directive
- Fill out “on-line” and save your private document to make changes in the future.
- Step-by-step Instructions for Completing this form
- Click on BLUE instructions buttons for further directions
- Suggested Health Care Directive forms are user-friendly and comply with Minnesota law

UNIVERSITY OF MINNESOTA

EXTENSION



Department of
FAMILY SOCIAL SCIENCE

COLLEGE OF EDUCATION
+ HUMAN DEVELOPMENT

UNIVERSITY OF MINNESOTA

These materials were developed by a group of professionals with expertise in law, health care, life and death health care decision making, and plain language materials development with the leadership of Marlene S. Stum, PhD, University of Minnesota Extension Service. (Updated 2009)

Minnesota Health Care Directive

Purpose of form

Part I. Allows you to appoint another person (called an agent) to make health care decisions if a doctor decides you are unable to do so.
Part II. Allows you to give written instructions about what you want.
Part III. Requires you and others to sign and date to make this legal.

My personal information

My name: _____
Address: _____

Home phone: () _____
Work phone: () _____
Date of birth: _____
Social security #: _____

- I revoke all living wills, Durable Powers of Attorney for Health Care, or other written advance health care directives I have signed in the past.

PART 1: Naming an Agent

Agent duties

My health care agent can:

- Make health care decisions for me if I am unable to make and communicate decisions for myself.
- Make decisions based on any instructions in Part II of this document or in other documents.
- Make decisions based on what he or she knows about my wishes.
- Act in my best interests if instructions are not available.

Agent roles

• When naming my health care agent, I must choose one of the following.
Select the option you prefer:

Act alone

_____ I appoint one person to serve as my primary health care agent to make decisions for me if I am unable to make or communicate these decisions for myself. My primary agent may act alone. If my primary agent is not able, willing, or available, each alternate agent I name may act alone, in the order listed.

Act together

_____ I appoint two or more persons to act together as my health care agent. My primary agent and alternate agents must act together and be in agreement when making decisions. If they are not all readily available, or if they disagree, a majority of the agents who are readily available may make decisions for me.

My primary health care agent

I appoint:
Agent's name: _____
Address: _____

Home phone: () _____
Work phone: () _____

My first alternate health care agent

Agent's name: _____
Address: _____

Home phone: () _____
Work phone: () _____

My second alternate health care agent

Agent's name: _____
Address _____

Home phone: () _____
Work phone: () _____

(If needed) Reasons for naming health care provider

I have named as my agent a health care provider, or employee of a health care provider, who is currently or might be providing direct care to me when decisions are needed. *Select the option that applies:*

____ That person is related to me by blood, marriage, registered domestic partnership, or adoption.

____ My reasons for wanting to appoint that person as my agent are:

Powers of my agent

If I am unable to decide or speak for myself, my agent has the power to:

- Consent to, refuse, or withdraw any health care, treatment, service, or procedure
- Stop or not start health care which is keeping or might keep me alive
- Choose my health care providers
- Choose where I live when I need health care and what personal security measures are needed to keep me safe.
- Obtain copies of my medical records and allow others to see them.

Additional powers of my agent

If I WANT my agent to have any of the following powers I need to check the box in front of each statement below:

I also authorize my agent to:

- Carry out my wishes regarding a funeral, burial, or what will happen to my body when I die.
- In the event I am pregnant, determine whether to attempt to continue my pregnancy to delivery based upon my agent's understanding of my values, preferences, or instructions.
- Continue as my health care agent even if a dissolution, annulment, or termination of our marriage or domestic partnership is in process or has been completed.
- Make decisions about mental health treatment including electroconvulsive therapy and antipsychotic medication, including neuroleptics.
- Make health care decisions for me even if I am able to decide or speak for myself.

Limiting the powers of my agent

I wish to limit the powers of my health care agent in the following way(s):

PART II: Health Care Instructions

- I give the following instructions about my health care (my values and beliefs, what I do and do not want, views about medical treatments or situations) _____

- I am attaching additional instructions concerning my health care values and preferences. *Select one:* Yes No
- I authorize donation of organs, tissue, or other body parts after my death. *Select one:* Yes No

PART III: Making This Document Legal

**My
signature/
mark and
date**

I agree with everything in this document and have made this document willingly:
My signature: _____
Date: _____
(day / month / year)

Notary Public OR Witnesses

**Notary
Public**

STATE OF MINNESOTA
County of _____
This document was signed or acknowledged before me this _____
(day)
of _____, _____ by the above named principal.
(month) (year)

Signature of Notary Public

**Two
Witnesses**

This document was signed or acknowledged in my presence. I am not an agent or alternate agent in this document.
Witness Signature: _____
Address: _____

Date: _____
(month / day / year)
Witness Signature: _____
Address: _____

Date: _____
(month / day / year)

Health Care Instructions Worksheet

Part II of Minnesota Health Care Directive

MY HEALTH CARE GOALS

Having a sense of what is important to you can help your decisionmakers make health care decisions under different and complex circumstances. Read each statement below and on a scale of “0” to “4,” rate how important each of the health care goals are to you. In this case, “4” means “Extremely Important and “0” means “Not Important At All.” Remember reasonable medical care should always include maintaining a person’s comfort, hygiene, and human dignity.

HEALTH CARE GOALS	Not Important 0	1	Somewhat Important 2	3	Extremely Important 4
How Important Is Pain Control?					
• Being as comfortable and free from pain as possible					
• Having pain controlled, even if my ability to think clearly is reduced					
• Having pain controlled, even if it shortens my life					
How Important Is the Use of Life Prolonging Treatment When:					
• I have a reasonable chance of recovering both physically and mentally (50/50+)					
• I have some physical limitations but can socially relate to those I care about					
• I can live a longer life no matter what my physical or mental health					
• I have little or no chance of doing everyday activities I enjoy					
• I am not able to socially relate to those I care about					
• I have a terminal illness and treatment will only prolong when I die					
• I have severe and permanent brain injury and there is little chance of regaining consciousness					
• I have severe dementia or confusion and my condition will only get worse					
Importance of Finances and Health Care					
• Having my wishes followed regardless of whether or not my finances are exhausted					
• Not being a financial burden to those around me					
• Not having my health care costs affect the financial situations of those I care about					

I also want my decisionmakers to know the following things are important to me when receiving health care:

My Medical Treatment Preferences

It is helpful for others to know if and why you have strong feelings about certain medical treatments. Some of the more difficult medical decisions are about treatments used to prolong life, such as those listed below. Most medical treatments can be tried for a while and then stopped if they do not help. Discuss these medical treatments with a health care professional to make sure you understand what they might mean for you given your current as well as future health conditions.

Medical Procedure	When It Is Used and Its Effects	My Feelings About This Procedure
<p>Ventilator/Respirator A breathing machine</p> <p>A Do Not Intubate (DNI) order is put on your medical record when you do not want this procedure</p>	<p>When you cannot breathe on your own</p> <p>You cannot talk or eat by mouth on this machine</p>	
<p>Nutrition support and hydration</p>	<p>When you cannot eat or drink by mouth, feeding solutions can provide enough nutrition to support life indefinitely.</p> <p>Feeding solutions can be put through a tube in your stomach, nose, intestine, or veins.</p>	
<p>Cardiopulmonary Resuscitation (CPR)</p> <p>A Do Not Resuscitate (DNR) order is put on your medical record when you do not want this procedure.</p>	<p>Actions to make your heart and lungs start if they stop including pounding on your chest, electric shocks, medications, and a tube in your throat.</p>	
<p>Dialysis</p>	<p>A mechanical means of cleaning the blood when kidneys are not working.</p>	

My feelings or concerns about other medical treatments include:

If I am pregnant, my feelings about medical treatment would include:

My Religious and Spiritual Beliefs

Religious or spiritual beliefs and traditions influence how people feel about certain medical treatments, what quality of life means to them, and how they wish to be treated when they are dying or when they have died.

My decision makers should know the following about how my religious or spiritual beliefs should affect my health care:

My religion/spirituality/ is:

My congregation/spiritual community (name, city, state):

I wish to have my (priest/pastor/rabbi/shaman/spiritual leader) consulted. _____Yes _____No

If yes, the person to be contacted is (name/contact information)

Feelings about Quality and Length of Life

I have the following beliefs about whether life should be preserved as long as possible:

The following kinds of mental or physical conditions would make me think that medical treatment should no longer be used to keep me alive:

Preferences for Care When Dying

If a choice is possible and reasonable when I am dying, I would prefer to receive care:

_____ At home _____

_____ At a hospital. Which one? _____

_____ At a nursing home. Which one? _____

_____ Through hospice services/care. Which one?

_____ From other health care providers. Which ones?

Other wishes I have about my care if I am dying

My Wishes About Donating Organs, Tissues, or Other Body Parts

Select the option that applies:

I DO NOT wish to donate organs, tissue, or other body parts when I die

I DO wish to donate organs, tissue, or other body parts when I die

Any needed organs, tissue, or other body parts

Only the following listed organs, tissue, or body parts

Limitations or special wishes I have include:

Additional Health Care Instructions

My decision makers should also know these things about me to help them make decisions about my health care:

I agree that these are my health care instructions and have completed this willingly.

My signature: _____

Date completed: _____
(month / day / year)

• This worksheet is an attachment to my Health Care Directive:

Select one: Yes No