



# Health Care Representative's Discussion Checklist

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*Acting as another person's health care representative is both an honor and a responsibility. You may never have to step in and make decisions; but if you do, the more you know about the person's values and wishes, the easier your job will be.*

*Here is a worksheet listing questions you may want to discuss with the person who is asking you to be their health care representative. There is room for additional notes on the second page.*

## Written Notes, Personal Values Statement

- \_\_\_\_\_ Have you (the person for whom decisions might have to be made) written down your health care wishes? If so, who has copies?
  - \_\_\_\_\_ Living will form
  - \_\_\_\_\_ Health care appointment form
  - \_\_\_\_\_ Personal values statement form
  - \_\_\_\_\_ Other: \_\_\_\_\_

## Life-Saving Measures

- \_\_\_\_\_ Have you discussed CPR ("cardiopulmonary resuscitation") and DNR ("do not resuscitate") orders with your doctor? (CPR is emergency treatment to restart a person's heart and breathing after they have stopped. A DNR order is a doctor's written instructions not to start CPR.)
- \_\_\_\_\_ Would you want to have CPR started if your heart or breathing were to stop?

## Life-Sustaining Measures

- \_\_\_\_\_ Are there some forms of treatment you would or would not want if you were close to dying or in a deep, permanent coma? For example, how do you feel about:
  - \_\_\_\_\_ Ventilator (mechanically-assisted breathing)?
  - \_\_\_\_\_ Dialysis (a machine doing the work of the kidneys)?
  - \_\_\_\_\_ Receiving food and water through a tube or needle?

- \_\_\_\_\_ Blood transfusions?
- \_\_\_\_\_ Drug or radiation therapy?
- \_\_\_\_\_ Antibiotics (drugs to fight a life-threatening infection)?
- \_\_\_\_\_ Being an organ donor?
- \_\_\_\_\_ Other? \_\_\_\_\_

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## Notes