Definitions:

Durable Power of Attorney for Healthcare (DPOAH)/Patient Advocate:
- The person YOU choose to make medical decisions for you when you are unable to speak for yourself.
- May include a “Living Will” portion

Durable Power of Attorney:
- Written document in which you appoint a trusted person to act on your behalf, continuing the relationship beyond your incapacity.
- Includes decisions such as financial and legal affairs.

Choosing Wisely http://www.consumerhealthchoices.org/choosing
1. Do I really need this test?
   - The answer should be direct and simple

2. What are the risks?
   - Ask about side effects and the chances of getting inaccurate test results

3. Are there simpler, safer options?
   - A lifestyle change may be enough

4. What happens if I do not do anything?
   - Ask if your condition might get better – or worse – if you don't have the test or procedure right away

5. How much does it cost?
   - Are there less-expensive tests, treatments or procedures? Ask about generic vs. brand name drugs

Dr. Carson’s questions about risk/benefit:
If I choose to have the test/procedure/surgery:
  - What is the best outcome I can expect?
  - What is the worst outcome I can expect?
If I choose not to have the test/procedure/surgery:
  - What is the best outcome I can expect?
  - What is the worst outcome I can expect?
Dr. Gwande’s questions in case of chronic illness:
1. If your current condition worsens, what are your goals?
2. What are your fears?
3. Are there any tradeoffs you are willing to make?

LATER: What would a good day look like?

Your Advance Directive Document:
Keep the original in a readily accessible place!
Give copies to:
• Your Patient Advocate/DPOAH
• Your healthcare provider
• Your family/loved ones

The “5 D’s”:
Review every annual physical exam, AND:
1. Decade – when you start each new decade of your life.
2. Death – whenever you experience the death of a loved one.
3. Divorce – if you experience a divorce or other major family change.
4. Diagnosis – if you are diagnosed with a serious health condition.
5. Decline – if you experience a significant decline or deterioration of an existing health condition, especially when you are unable to live on your own.
