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. Susan Block from *Being Mortal* by Dr. Atul Gawande:**

**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
Upload to MyDirectives: [https://mydirectives.com/mihi](https://mydirectives.com/mihi)

**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.
