



## CALIFORNIA ADVANCE HEALTH CARE DIRECTIVE INFORMATION SHEET

California law provides you with the ability to insure that your health care wishes are known and considered if you become unable to make those decisions for yourself. Federal regulations, consistent with Title 42, CFR, Section 422.128, requires that Health Care Providers provide you with information regarding advance directives.

- Advance Health Care Directives are written instructions that communicate your wishes about the care and treatment you want if you reach a point where you can no longer make your own health care decisions.
- Advance Health Care Directives allows you to give instructions about your own health care to insure that you receive the care and services you desire.
- Advance Health Care Directives allows you to appoint someone (called an agent) to make health care decisions for you.
- Advance Health Care Directives insures that you can refuse treatment at a determined stage if you have previously stated you desire to do so.
- Any California resident who is at least eighteen (18) years old (or is an emancipated minor), or sound mind, and acting on his or her own free will can complete a valid Advance Health Care Directives.
- You do not need a lawyer to assist you in completing an Advance Health Care Directives.
- You can appoint almost any adult to be your agent except you doctor or anyone else involve in your care in a professional capacity.
- You should only name one person to be your agent.
- You may write detailed instructions for your health care agent and your physicians.
- If you become unable to make you own health care decision, your agent will have legal authority to speak for you in health care matters.
- If you decide to have an Advance Directive for Health Care, or already have one fully executed, you should inform your family, friends and health care providers.
- You can change or end your Advance Health Care Directive at any time.
- No one can require you to complete an Advance Health Care Directive. The choice to do so or to not do so is entirely up to you.
- Provision of care is not conditioned on whether or not you have executed an advanced directive. Your will not be discriminated against based on whether or not you have executed an advance directive.
- State Department of Mental Health is in the process of creating informing materials on advanced directives. These materials will be made available to you at this location.
- Complaints concerning noncompliance with the advanced directive requirements may be filed with the California Department of Health Services (DHS) Licensing and Certification by calling 1-800-236-9747 or by mail at P.O Box 997413 Sacramento, California 95899-1413.