



Advance directives & long-term care

Advance directives explain how you want medical decisions to be made when you're too ill to speak for yourself.

Types of advance directives

A health care proxy is a document that names someone you trust to make health decisions if you can't. This is also called a durable power of attorney.

A living will tells which treatment you want if your life is threatened, including dialysis and breathing machines; resuscitation; tube feeding; and organ or tissue donation after you die.

Feedback

How to get advance directives

Get an advance directive from any of these:

- Your health care provider
- Your attorney
- Your [local Area Agency on Aging](#)
- Your state health department

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