

## **Volunteers of America-MN can help you complete your Health Care Directive**

### **What is a Health Care Directive?**

It is a legal document that you fill out so that your doctor and family and friends know about how you want to be cared for in case you can't speak for yourself. It is also a document in which you can name a person, a health care agent, to make medical decisions for you if you aren't able to tell the doctor yourself.

### **Why does anyone need a Health Care Directive?**

It is important for you to be able to talk about your wishes and preferences so that your doctor knows what you want in terms of your medical care even if you can't speak for yourself.

### **How can Volunteers of America help you complete a health care directive?**

A caseworker will visit with you, usually over 2-4 meetings, and this is what she will help you with in the meetings:

- Identify someone you know to be your health care agent. The caseworker will contact this person to give them information about what it means to be a health care agent in MN
- Talk with you about your wishes and preferences regarding your care (what you think about pain management, use of CPR, ventilators etc.)
- Accompany you to your doctor to talk over your instructions. Or, if you prefer, the caseworker will mail the health care directive to the doctor.
- The caseworker will help make sure that all the important people have the completed health care directive- you, your doctor, your health care agent, and anyone else that you'd like.

### **Is there a fee for this service?**

VOA-MN has grants through the state of MN and Stevens Square Foundation to provide this service, so there is **no fee** to you.

The caseworker's name is Mary Bornong. Her phone number is 612-617-7815.