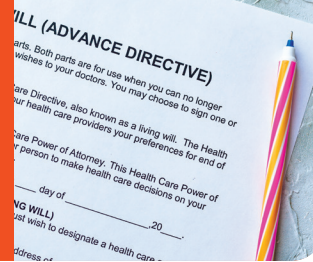


Advance Directives: What You Need to Know



What is an advance directive?

An advance directive is a form that puts in writing your wishes about the type of care you would or would not want to receive if you are unable to make medical decisions for yourself.

Where do I begin?

- You must be 18 years or older and able to make your own decisions to complete an advance directive.
- You should choose someone you trust to act as your “agent” to carry out your wishes.
- You do not need a lawyer to fill out the document, but it must be signed by a notary public or by 2 witnesses. Your “agent” cannot be one of the witnesses.



Who should I choose?

- Your “agent” must be 18 years or older and willing to make your medical decision if you are not able to.
- Choose someone who you trust such as a spouse, partner, relative or friend.
- Talk to your doctor and “agent” in detail about your wishes and give them both a copy.
- Your doctor may ask you to sign a form stating you have talked to them about this document.

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Can I change my mind?

- You may change or cancel your advance directive at any time as long as you are aware of how the choices impact your health care. Being aware means you can clearly think and voice your wishes.
- You can also change your “agent” at any time.
- Make sure your doctor and your “agent” know about any changes.

Why sign one now when I’m healthy?

- The best time to sign an advance directive is when you are healthy because you can think and speak for yourself.
- Having a plan in place will ensure your wishes are followed.

Where can I get an Advance Directive form?

- Most hospital emergency rooms and the Orange County Office on Aging have these forms available. Call **1-800-510-2020** to learn more and request a form.
- You do not need to use a specific form. You can also write down your wishes on paper and have this document signed instead.
- Check that your advance directive follows the laws where you live.



If you have any questions about this content, call CalOptima Health Customer Service at the toll-free numbers below. We have staff who speak your language. Please visit us at www.caloptima.org/healthandwellness or scan the QR code to see health videos. Medi-Cal: 1-888-587-8088 (TTY 711), Monday - Friday, from 8 a.m. to 5:30 p.m. OneCare (HMO D-SNP), a Medicare Medi-Cal Plan: 1-877-412-2734 (TTY 711), 24 hours a day, 7 days a week.