Advance Health Care Planning in Kansas

Erin Yelland, PhD
Kansas State University
If they would have had an advance directive...
Current advance planning trends

#1
Reason why an individual does not have advance directives: lack of awareness
Advance directives are legal documents that allow you to voice your wishes regarding future medical care/treatment in the event that you become unable to do so for yourself.
Why do we need them?

• You have the right to be informed and decide, as long as you are capable of doing so
• So what happens if you become unable...?
• Give the gift of making your wishes known
DURABLE POWER OF ATTORNEY FOR HEALTHCARE
• Appoint an “agent” to speak on your behalf
• The agent:
  – Will speak for you only if you become incapacitated due to illness or injury
  – Can make treatment decisions (how/who), medical facilities, organ donation, autopsy, and what to do with your body after death
  – Cannot revoke wishes from a living will
Durable Power of Attorney for Health Care

- Access to medical records
- HIPAA Privacy Authorization Form
Who should I appoint?

- Kansas requirements:
  - At least 18 years old
  - Competent
  - Limitations
    - Treating health care provider
    - Employees/Owners/Directors of your treating health care provider unless that person is related to you by blood, marriage, or adoption or you have taken vows in the same religious community
Who should I appoint?

Your agent should be someone:
• You trust
• Who knows you well
• Who will advocate for you
• Who will honor your wishes
How do I appoint an agent?

• Fill-in-the-blank form

• Must be:
  – Signed and dated
  – Notarized

OR

– Signed by two witnesses
  • At least 18 years of age
  • Can NOT be related to you by blood, marriage, or adoption
  • Can NOT be entitled to your estate
  • Can NOT have direct financial responsibility for your health care
What’s the difference?

• Durable Power of Attorney for Health Care
  – Appoint an agent to make medical decisions for you if you were to become incapacitated

• Durable/Non-Durable Financial Powers of Attorney
  – Complex legal documents that allow you to appoint an individual to make financial decisions on your behalf
LIVING WILL
• An instruction list to your physician, family, and friends that outlines what type of life-sustaining procedures you want at the end of your life

• Essentially a request to die naturally utilizing only comfort measures
Living Will

• “...I direct that such procedures be withheld or withdrawn, and that I be permitted to die naturally with only the administration of medication or the performance of any medical procedure deemed necessary to provide me with comfort care”
• Becomes effective only when you’ve been diagnosed, in writing, to have a terminal condition by two physicians

• Limitation:
  – Pregnancy
How do I make a Living Will?

• Fill-in-the-blank form
• Must be:
  – Signed and dated
  – Notarized
  OR
  – Signed by two witnesses
    • At least 18 years of age
    • Can NOT be related to you by blood, marriage, or adoption
    • Can NOT be entitled to your estate
    • Can NOT have direct financial responsibility for your health care
What’s the difference?

• Living Will
  – Medical and health care wishes

• Wills & Living Trusts
  – Complex legal documents that address how your property and assets will be transferred after your death
HERE'S THE FIRST DRAFT OF AN ADVANCE HEALTH CARE DIRECTIVE I WROTE FOR YOU.

“KILL ME IF I HAVE A HEADACHE. KILL ME IF I'M ITCHY. KILL ME IF I COMPLAIN TOO MUCH.”

I MIGHT HAVE SOME EDITS.

THERE'S YOUR COMPLAINING AGAIN!
PRE-HOSPITAL DNR
• Written communication of your desire to not have resuscitation attempted should you stop breathing or your heart stops beating

• Typically only terminally ill or incredibly frail elderly have a DNR
How do I get a Pre-Hospital DNR?

- Fill-in-the-blank form
- Signed by:
  - You
  - Your physician
  - 1 Witness
    - At least 18 years old
    - May NOT be related to you by blood, marriage, or adoption
    - Can NOT be entitled to your estate
    - Can NOT have direct financial responsibility for your health care
FINAL THOUGHTS
Organ Donation in Kansas

How to sign up:

• Register online: donatelifekansas.com/join

• Say “yes” at the DMV

• Call 1-888-744-4531 to request a form
They were sad when they found out their wealthy grandfather had died in an earthquake.

They were devastated when they discovered he had written his will on an Etch A Sketch.
Storing your Documents

- House
- Vehicle
- Any place that you frequently visit for long periods of time
- Family / close friends
- Physician
- Health care agent
<table>
<thead>
<tr>
<th><strong>I HAVE A DURABLE POWER OF ATTORNEY FOR HEALTH CARE</strong></th>
<th><strong>A copy of my document can be found in these places:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>My Name:</td>
<td></td>
</tr>
<tr>
<td>My Health Care Agent:</td>
<td></td>
</tr>
<tr>
<td>My Agent’s Phone #:</td>
<td>Other copies of my document are held by:</td>
</tr>
<tr>
<td>My Doctor:</td>
<td>Name: Phone:</td>
</tr>
<tr>
<td>My Doctor’s Phone #:</td>
<td>Name: Phone:</td>
</tr>
</tbody>
</table>
KEEP CALM AND COMPLETE YOUR ADVANCE DIRECTIVES