Planning for medical decisions

Form for Appointing Health Care Representative (Alternative to Advance Directive for Health Care)

You can appoint a health care representative with this simpler form.

As an alternative to an Advance Directive, you can complete a Form for Appointing a Health Care Representative instead. The difference between this form and the Advance Directive is the Form for Appointing a Health Care Representative does not give you the opportunity to write down your wishes regarding end-of-life treatment like life support and tube feeding. Instead, this form's only purpose is to give someone else the authority to make your medical decisions and speak to your doctors if you ever lose the ability to communicate with your doctors yourself. The person you appoint would use his or her own judgment to make medical decisions for you. If someone might struggle to express his or her wishes about end-of-life treatment like life support and tube feeding, that person may prefer to complete only the Form to Appoint a Health Care Representative instead of an Advance Directive.

Planning for your medical decisions is essential.

"Planning for your medical decisions" means thinking about the type of medical treatment you might need later in life and choosing people you trust to communicate your wishes to your doctors. Even if you sign a power of attorney, the person you choose to manage your assets won't have the authority to make medical decisions or to communicate your health care wishes to your doctors.

Be prepared for unexpected illness or injury.

By appointing a health care representative, you are planning ahead for the possibility that you may not always be healthy enough to communicate your health care wishes. Unexpected illness or injury can happen to anyone. For example, if you are involved in an accident which causes you to be hospitalized or to lose consciousness, or if you become sick in a way which causes you to become confused or to lose your memory, you may not be able to make your own medical decisions or you may lose the ability to communicate your wishes. The goal is to be prepared for incapacity before it happens by appointing trustworthy people to help you in advance. Appointing a health care representative now allows you to choose the person you trust the most to speak with your doctors if you need help in the future.

Get started.

Visit https://www.oregon.gov/oha/ph/about/pages/adac-forms.aspx to appoint a health care representative in Oregon or you can consult an estate planning attorney.