Advance Medical Directive Resources

The following resources may help you with decisions about your healthcare wishes and preparing an Advance Medical Directive.

Primary Healthcare Provider

Legal Services of Northern California
515 12th Street
Sacramento, CA 95814
(916) 551-2150

Volunteer Legal Services Program
517 12th Street
Sacramento, CA 95814
(916) 551-2102

Senior Legal Hotline
(916) 551-2140

McGeorge School of Law Community Legal Services
3130 Fifth Avenue
Sacramento, CA 95817
(916) 340-6080

Beneficiaries may file a complaint regarding noncompliance with the Advance Medical Directive requirements to:

California Department of Human Services
Licensing and Certification
P.O. Box 997413
Sacramento, CA 95899-1413
-or call-
1-800-236-9747

Patients' Rights Advocate
(916) 333-3800

Sacramento County Behavioral Health Quality Management - Member Services

(916) 875-6069

Toll Free # 1-888-881-4881

TDD 711

Sacramento County Board of Supervisors
Phil Serna, 1st District
Patrick Kennedy, 2nd District
Rich Desmond, 3rd District
Sue Frost, 4th District
Don Nottoli, 5th District

Acting County Executive
Ann Edwards

Department of Health Services
Chevon Kothari, MSW, Director

Division of Behavioral Health
Ryan Quist, Ph.D,
Behavioral Health Services Director

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SACRAMENTO COUNTY

Sacramento County Mental Health Plan

Advance Medical Directive

Your right to make decisions about medical treatment

Advance Medical Directive - English

An **Advance Medical Directive** is the best way to make sure that your physical health care wishes are known and considered if for any reason you are unable to make decisions on your own. You do not need to wait until you are seriously ill to make these decisions. A federal law requires us to give you this information. You may choose to do either or both or neither of the following:

- You may appoint another person to be your health care "agent." This person will have the legal right to make decisions about your medical care if you are unable to make those decisions.
- You may write down your health care wishes in the Advance Health Care Directive form.

Who can make an Advance Medical Directive?

Anyone over 18 years of age (or is an emancipated minor) who is capable of making his/her own medical decisions can make an Advance Medical Directive.

Who decides about my treatment?

Your primary medical doctor will give you information and advice about treatment. You have the right to choose. You have the right to say "Yes" or "No" to treatment-even if the treatment will keep you alive longer**.**

How do I know what I want?

Your primary medical doctor must tell you about your medical condition and about what different treatments and pain management options are available. Your doctor must also inform you of any side effects from treatment or medications. At times, more than one treatment might help you and your doctor can advise you about the different options.

You may want to discuss your options with trusted family members or friends to help you make a decision. It will ultimately be your decision on which treatment option is best for you.

Who may I appoint as my health care agent?

You may appoint any adult to be your agent. It is important that you talk to your agent to make sure that he/she understands your wishes and agrees to accept the responsibility. Writing down your health care wishes will be helpful for your agent.

What if I become too sick to make my own decisions?

If you have named an agent he/she will make medical decisions on your behalf. If not, your doctor will ask your closest relative or friend to help decide what is best for you**.**

Will I still be treated if I do not make an Advance Medical Directive?

Yes. You will still get medical treatment. If you become seriously ill and are unable to make your own decisions, someone else will need to make those decisions for you. Identifying that person in an Advance Medical Directive is a way for you to specify someone you trust to act as your agent.

What if I change my mind after completing an Advance Medical Directive?

You may change or cancel an Advance Medical Directive at any time. Completing a new directive form will cancel all previous directives. You should tell your medical doctor about changes.

How can I get more information about making an Advance Medical Directive?

Ask your primary medical doctor, nurse, social worker, or healthcare provider to get more information for you. You can have a lawyer write an Advanced Medical Directive for you, or you can complete one yourself by filling in the blanks on a form. You do not need a lawyer to make your directive legal, but you will need to have a witnessed signature. Your provider's staff will provide blank forms at your request.