

Advance Medical Directive Resources

Cov chaw kuaj mob nram qab no tuaj yeem pab koj txiav txim siab txog yam kev kho mob uas koj xav tau thiab kev npaj ib Daim Ntawv Tso Cai Kho Mob Ua Ntej (Advance Medical Directive).

Thawj Kws Kho Mob

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

Cov neeg tau txais txiaj ntsig tuaj yeem foo hais qhov tsis txaus siab vim yog los ntawm kev tsis ua raws li tshooj cai ntawm daim ntawv Advance Medical Directive mus rau:

California Department of Human Services
Muab Ntaub Ntawv Tso Cai thiab Ntaub
Ntawv Ua Pov Thawj
P.O.Box 997413
Sacramento, CA 95899-1413
-lossis hu rau-
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 California Relay Service: 711

Sacramento County Board of Supervisors

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Department of Health Services

Timothy, W. Lutz, Tus Thawj Coj

Division of Behavioral Health

Ryan Quist, Ph.D.
Tus Thawj Coj Feem Saib Xyuas Kev Coj
Tus Cwj Pwm Muaj Mob

Sacramento County Substance Use Prevention and Treatment Services ua raws li Tsoom Fwv cov cai lij choj thiab tsis muaj kev ntub ntxaug vim yog ib haiv neeg, cev qaij daim tawv tsos xim, neeg keeb kwm hauv lub teb chaws, hnuv nyoog, neeg xiam oob qhab, los sis yog txiv neej los yog poj niam.

Raug tshaj tawm los ntawm
County of Sacramento
Department of Health Services,
Division of Behavioral Health
September 2025



Sacramento County Substance Use Prevention and Treatment Services

Advance Medical Directive



**Koj cov cai txiav txim siab
txog kev kho mob**

Ib daim ntawv **Advance Medical Directive** yog ib qho tshaj plaws uas koj tus kws kho mob yuav tsum tau paub thiab txia txim yog thaum koj tus kheej tsis tuaj yeem txiav txim siab tau lawm. Koj tsis tas yuav tos kom txog thaum koj mob loj mam li txiav txim siab txog tej no. Tsoofwv txoj cai lij choj yuav tsum kom peb muab cov ntaub ntawv no rau koj. Koj tuaj yeem xaiv ua ib qho lossis ob qho lossis tsis xaiv ua tag nrho raws li nram qab no:

- Koj tuaj yeem hais ib tug neeg los ua tus kws kho mob "sawv cev tam" rau koj."Tus neeg no yuav muaj cai txiav txim siab txog kev kho mob rau koj yog thaum koj tsis tuaj yeem txiav txim siab tau txog tej no lawm.
- Koj yuav tau sau yam koj xav kho cia rau hauv daim ntawv Advance Health Care Directive (Daim ntawv Sau Qhia Txog Kev Kho Mob Ua Ntej).

Leej twg thiaj tuaj yeem sau daim ntawv Advance Medical Directive?

Ib tug neeg uas muaj hnub nyoog tshaj 18 xyoo (lossis ib tug neeg uas nyob tau ywj pheej lawm) tus neeg uas tuaj yeem txiav txim siab txog kev kho mob rau nws tus kheej tau tuaj yeem sau daim ntawv Advance Medical Directive.

Leej twg yog tus txiav txim siab txog kev kho mob rau kuv?

Koj tus thawj kws kho mob yuav muab cov ntaub ntawv thiab qhia txog yam kev kho mob rau koj. Koj muaj txoj cai xaiv. Koj muaj cai hais tias "Kam" los sis "Tsis Kam" cia kho mob txawm tias qhov kho mob no yuav ua rau koj muaj txoj sia nyob ntev zog los xij.

Kuv yuav paub li cas tias yam kuv xav tau yog dab tsi?

Koj tus thawj kws kho mob yuav tsum qhia rau koj txog qhov kev kho mob thiab lwm yam kev kho mob sib txawv thiab hom kev xaiv tswj xyuas qhov muaj mob. Koj tus kws kho mob yuav tsum qhia txog feem tsis zoo los ntawm kev kho mob lossis los ntawm cov tshuaj kho mob. Thaum lub sijhawm ntawd, tej zaum yuav tau kho mob rau koj ntau zaus thiaj li yuav pab tau koj thiab koj tus kws kho mob yuav qhia txog hom kev xaiv kho mo ntawd rau koj paub.

Koj tuaj yeem tham txog koj feem kev xaiv nrog cov neeg hauv tsev uas koj ntseeg siab los sis cov phooj ywg txhawm rau pab koj txiav txim siab. Thaum kawg yuav yog kev txiav txim siab los ntawm koj tus kheej seb hom kev kho mob twg thiaj li yuav zoo rau koj tshaj plaws.

Tus neeg uas kuv xaiv ua tus neeg sawv cev saib xyuas mob nkeeg rau kuv yuav yog tus twg:

Koj tuaj yeem hais ib tug neeg loj los ua tus neeg sawv cev tam rau koj. Qhov tseem ceeb ces koj yuav tau tham nrog tus neeg sawv cev tam rau koj ntawd kom nws nkag siab txog qhov koj xav tau thiab nws yuav tsum pom zoo lees ua lub luag haujlwm ntawd. Sau yam kev kho mob uas koj xav tau tseg thiaj li yuav pab rau tus neeg sawv tam rau koj ntawd.

Yog kuv muaj mob hnyav heev uas kuv tus kheej tsis tuaj yeem txiav txim siab tau lawm yuav ua li cas?

Yog koj yeej muaj tus neeg sawv cev tam rau koj lawm, nws yuav yog tus los txiav txim siab saib xyuas txog kev kho mob tam rau koj. Yog tsis muaj, koj tus kws kho mob yuav nug koj cov kwv tij txheeb ze tshaj plaws lossis tus phooj ywg los pab txiav txim siab seb yam zoo tshaj plaws rau koj yog dab tsi.

Kuv tseem puas raug kho mob yog kuv tsis tuaj yeem sau daim ntawv Advance Medical Directive?

Raug. Koj tseem tau txais kev kho mob. Yog koj mob hnyav heev lawm thiab koj tus kheej tsis tuaj yeem txiav txim siab tau, ib tug neeg yuav tsum los txiav txim siab txog tej no tam rau koj. Kev nrhiav ib tug neeg tso rau hauv daim ntawv Advance Medical Directive yog yam uas koj yuav tau nrhiav ib tug neeg koj ntseeg siab los sawv cev tam rau koj.

Yog kuv hloov siab tom qab sau daim ntawv Advance Medical Directive tiav yuav ua li cas?

Koj tuaj yeem hloov lossis thim koj daim ntawv Advance Medical Directive tau txhua lub sijhawm. Kev sau rau daim ntawv tshiab txog kev qhia kho mob ua ntej yuav thim tag nrho txhua daim ntawv sau tseg yav tag los. Koj yuav tsum qhia rau koj tus kws kho mob txog qhov pauv hloov no.

Kuv tuaj yeem tau txais cov ntaub ntawv qhia ntzog kev sau daim ntawv Advance Medical Directivetau li cas?

Nug koj tus thawj kws kho mob, tus kws tu neeg mob, tus neeg ua haujlwm pab rau sawd daws, lossis tus kws kuaj mob yog koj xav tau txais cov ntaub ntawv ntziv. Koj tuaj yeem cia ib tug kws lij choj sau daim ntawv Advanced Medical Directive rau koj, lossis koj tus kheej tuaj yeem sau ib daim ntawv foos. Koj tsis tas cia ib tug kws lij choj sau koj daim ntawv qhia tseg ua ntej, tab sis koj yuav tsum nrhiav ib tug neeg ua pov thawj nrog kos npe rau. Koj tus kws kuaj mob cov neeg ua haujlwm yuav muab cov ntaub ntawv foos rau koj yog koj thov txog.