

**VIRGINIA ADVANCE DIRECTIVE FOR HEALTH CARE**  
**with Sections for Medical and End-of-Life Health Care**

This advance directive (“AD”) complies with the Virginia Healthcare Decisions Act. You are not required to use this form to create an AD. If you choose to use a different form, you should consult with an attorney or your health care provider to be sure the different form will be valid under Virginia law.

As long as it is signed and witnessed (on page 7), you may complete any or all of the parts of this AD that you want. Cross out or leave blank any parts that you do not want to use.

If you do not want to pick an agent to make health care decisions for you when you cannot make the decisions yourself, then cross out or skip Section 1.

I, \_\_\_\_\_ (date of birth: \_\_\_\_\_),  
make this advance directive in case I am not able to make health care decisions for myself. This advance directive says what I do want and what I do not want for my health care.

**Section 1: Health Care Decision Maker (My “Agent”)**

**A. Who I Pick to be My Agent**

I appoint \_\_\_\_\_ to make health care decisions for me when I cannot make those decisions myself.

First agent’s contact information:

Ph. No. (home): \_\_\_\_\_ (cell): \_\_\_\_\_

Ph. No. (work): \_\_\_\_\_ Email: \_\_\_\_\_

Home Address: \_\_\_\_\_

I also pick a person to be my agent if the first person I picked is not available, able or willing to act as my agent. My back-up agent is \_\_\_\_\_.

Back-up agent’s contact information:

Ph. No. (home): \_\_\_\_\_ (cell): \_\_\_\_\_

Ph. No. (work): \_\_\_\_\_ Email: \_\_\_\_\_

Home Address: \_\_\_\_\_

My agent will have full power to make health care decisions for me based on this advance directive. My agent will have this power only during a time when I am not able to make informed decisions about my health care.

I want my agent to follow what I have written in this advance directive. My agent may also be guided by information that I have given my agent in other ways, such as in conversation. If my agent cannot tell what choice I would have made, then my agent should choose what he or she believes to be in my best interests.

I want my agent and health care providers to communicate with me and consider my views even when I am unable to make my own decisions and the agent has the power to make decisions for me.

## B. What My Agent Can Do On My Behalf

My agent will have power...

1. To consent to or refuse consent to or withdraw consent to any type of health care, treatment, surgical procedure, diagnostic procedure, and medication.  
This may include use of a breathing machine, tube feeding, IV fluids, or CPR. It also includes higher than recommended doses of pain-relieving medication in order to relieve pain. This applies even if the medication carries the risk of addiction or of unintentionally hurrying my death.
2. To ask for, receive and review oral or written information about the health care decisions that need to be made. This includes medical and hospital records. My agent can also allow this information to be shared with providers as needed to carry out my advance directive wishes.
3. To hire and fire my health care providers.
4. To consent to my admission to, transfer to, or discharge from a hospital, hospice, nursing home, assisted living facility or other health care facility.
5. To consent to my admission to a mental health care facility when it is recommended by my health care providers.  
The admission can be for up to the maximum time permitted by current law. At the time I made this advance directive the maximum was ten (10) calendar days.
6. To continue to act as my agent as long as I am unable to decide for myself, even if I state that I want to fire my agent.
7. To consent to my participation in any health care study if the study offers the chance of therapeutic benefit to me.  
The study must be approved by an institutional review board or research review committee according to applicable federal or state law.
8. To consent to my participation in any health care study that aims to increase scientific understanding of a condition that I may have or to promote human well-being, even though it offers no direct benefit to me.  
The study must be approved by an institutional review board or research review committee according to applicable federal or state law.
9. To make decisions about visitation when I am admitted to any health care facility.  
My agent must follow any directions on visitation I give on page 6 of this advance directive.
10. To take any lawful actions needed to carry out these decisions. This may include signing releases of liability to medical providers or other health care forms.

Additional details:

If you appointed an agent on page 1, these are the powers that he/she will have.

You may cross through any powers that you do not want to give your agent.

If you have questions about what the powers mean, you might find the "What it means to give powers to your health care agent" sheet helpful. It can be found on the [www.VirginiaAdvanceDirectives.org](http://www.VirginiaAdvanceDirectives.org) website.

Power 9: If you have any specific instructions about visitation, you need to say so on page 6. Note: other laws and regulations may limit an agent's power to make visitation decisions.

You may add any additional details about the powers (e.g., "My agent may not fire Dr. Smith").

Part C lets you give your agent the power to consent to treatment that you say “no” to. This power applies only if you cannot make informed decisions. If you do not want to give your agent this power, skip or cross through Part C.

This power has two parts:

1. You can give your agent the power to act over your objection to inpatient mental health admission

*and/or*

2. You can give your agent the power to act over your objection to other health care

You can also exclude specific treatments that you always want to be able to object to.

**IMPORTANT:** You need to get a physician’s or licensed clinical psychologist’s signature to make Part C legally binding. A physician or licensed clinical psychologist needs to check that you understand the consequences of giving your agent these powers.

If you are not completing Part C, you do not need your physician or psychologist to sign here.

You may use Section 2 to give directions about your health care. You may skip over or cross out any parts that you do not want to fill out. You can use these parts even if you do not pick an agent.

Part A lets you provide background information to your health care providers. It includes no instructions.

### C. What My Agent Can Do Over My Objection

When I am not able to make informed decisions about my health care, I may say “no” to treatment that I actually need. If my agent and my physician believe I need that treatment, my agent has the power:

\_\_\_\_ 1. To consent to my admission to a mental health care facility as permitted by law, even if I object.

*and/or*

\_\_\_\_ 2. To consent to other health care that is permitted by law, even if I object.

This authority includes all health care except for what I have written in the next sentence or elsewhere in this document. My agent does **not** have the authority to consent to \_\_\_\_\_

\_\_\_\_\_ over my objection.

I am a physician/licensed clinical psychologist familiar with the person who has made this advance directive for health care. I attest that this person is presently capable of making an informed decision and that this person understands the consequences of the special powers given to his/her agent by this Subsection C of this advance directive.

\_\_\_\_\_  
Physician or Licensed Clinical Psychologist Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name and Address

## Section 2: My Health Care Preferences and Instructions

My preferences and instructions for my health care are written in this section. My health care agent and any health care providers working with me are directed to provide care in line with my stated instructions and preferences. *I understand that my providers do not have to follow preferences or instructions that are medically or ethically inappropriate or against the law.*

### A. My Health Conditions and Current Treatments

**1. My current health condition(s) and important things about my condition(s) that health care providers should know:**

**2. Symptom(s) that indicate I need prompt medical attention:**

**3. My medications and dosages as of \_\_\_\_ / \_\_\_\_ /20 \_\_\_\_ :**

Medication	Dose	How/when I take it
<input type="checkbox"/> See back of this page for more	<input type="checkbox"/> See attached list for more	

**4. Other important information regarding medications (allergies, side effects):**

**B. Information Sharing**

My current providers, who have information to help with my care, are:

Name	Provider type (e.g., PCP)	Phone number

**C. Emergency Contacts**

I authorize the health care providers and other people helping me to contact my health care agent. This authorization includes if I am admitted to a mental health facility. I also authorize them to contact the following people to share information about my location, condition and needs:

Name: \_\_\_\_\_ Relationship to me: \_\_\_\_\_

Ph. No. (home): \_\_\_\_\_ (cell): \_\_\_\_\_

Ph. No. (work): \_\_\_\_\_ Email: \_\_\_\_\_

Home Address: \_\_\_\_\_

Limit of details to share, if any: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship to me: \_\_\_\_\_

Ph. No. (home): \_\_\_\_\_ (cell): \_\_\_\_\_

Ph. No. (work): \_\_\_\_\_ Email: \_\_\_\_\_

Home Address: \_\_\_\_\_

Limit of details to share, if any: \_\_\_\_\_

You can also provide medication information by attaching a list of your medications to this AD, or writing where people can get your medication information (e.g., calling your primary care doctor).

The information in your AD may be shared by your health care provider with other health care providers so that treatment can be given in line with your AD. You can help your different providers get in contact with each other by providing their phone numbers here.

Part D lets you give your preferences for medications. You may refer to specific medications or types of medications.

Your physician must consider your preferences. But medication decisions must be based on his or her clinical judgment too.

Your physician is not required to follow preferences that are medically or ethically inappropriate.

You have the option of telling providers more information about your choices—it can help them to better follow your wishes.

In general, your agent cannot authorize and your physician cannot order use of the medications that you refuse here. There are some narrow exceptions permitted by law, such as emergencies.

You have the option of telling providers more information about your choices—it can help them to better follow your instructions.

You can add any other preferences about medication here, such as whether you prefer shots, pills, or liquid forms of medicines.

You may use this space to provide any other information that is important to your care that may not be addressed above. If you need more space, you may attach additional documents. If you use attachments, you should be sure to describe them clearly here.

## D. Medication

### 1. Medication Preferences

I prefer that the following medications (or classes or types of medication) be tried first in a crisis or emergency:

Medication name or class	As treatment for...

I prefer these medications because:

### 2. Medication Authorization and Refusal

Generally, I authorize my agent to consent to medications that my treating physician says are appropriate. But I specifically do **not** consent to the medications listed below. (This includes brand-name, trade-name, or generic equivalents.)

I realize that my condition and needs may change. So, I also state whether my agent can consent to the medication. My agent should consent only if my physician finds that the medication is clearly the most appropriate treatment for me under the circumstances.

Medication name or class that I do not want	As treatment for...	My agent can authorize it if necessary	
		Yes	No
		Yes	No
		Yes	No
		Yes	No

I do not want these medications because:

### 3. Additional preferences about medications:

## E. Other Health Care Details

### 1. In General

If you gave your agent the power to make visitation decisions, your agent must make visitation decisions based on any instructions you write here.

Part F lets you give details about what treatment you would want if you cannot recover from a severe illness or injury.

The first type of condition that you can give treatment instructions for is in case your death is expected very soon. For example, if you were in the last stage of cancer.

**For F.1, check only 1 box and initial the line.**

If the pre-made options above do not fit what you want, you may write your own preferences and instructions.

The second type of condition that you can give treatment instructions for is in case your brain becomes severely and permanently damaged. For example, if you were in a permanent coma.

Sometimes people in a permanent coma can be kept alive for a long time, even though they are not expected to recover. If this were to happen, you may limit how long treatments may be tried before they are stopped if your condition does not improve.

**For F.2, check only 1 box and initial the line.**

If the pre-made options do not fit what you want, you may write your own preferences and instructions.

## 2. Visitation Instructions

If I am in a health care facility, this is how I want visitation to be handled:

## F. Life-Prolonging Treatment

1. If my doctor determines that my death is imminent (very close) and medical treatment will not help me recover, then:

- \_\_\_\_ I do not want any treatments to prolong my life. This includes tube feeding, IV fluids, cardiopulmonary resuscitation (CPR), ventilator/respirator (breathing machine), kidney dialysis or antibiotics. I understand that I still will receive treatment to relieve pain and make me comfortable.
- \_\_\_\_ I want all treatments to prolong my life as long as possible within the limits of generally accepted health care standards. I understand that I will receive treatment to relieve pain and make me comfortable.

\_\_\_\_ Other choices, as follows:

2. If my condition makes me unaware of myself or my surroundings or unable to interact with others, and it is reasonably certain that I will never recover this awareness or ability even with medical treatment, then:

- \_\_\_\_ I do not want any treatments to prolong my life. This includes tube feeding, IV fluids, cardiopulmonary resuscitation (CPR), ventilator/respirator (breathing machine), kidney dialysis or antibiotics. I understand that I still will receive treatment to relieve pain and make me comfortable.
- \_\_\_\_ I want all treatments to prolong my life as long as possible within the limits of generally accepted health care standards. I understand that I will receive treatment to relieve pain and make me comfortable.
- \_\_\_\_ I want to try treatments for a period of time in the hope of some improvement of my condition. I suggest \_\_\_\_\_ as the period of time after which such treatment should be stopped if my condition has not improved. Any agent or surrogate may specify the exact time period in consultation with my physician. I understand that I still will receive treatment to relieve pain and make me comfortable.

\_\_\_\_ Other choices, as follows:

