

## VIRGINIA ADVANCE DIRECTIVE FOR HEALTH CARE to Appoint a Health Care Agent

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 3), 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.

Your AD is turned on only when you are found to be unable to make informed decisions about your care. That finding must be made by (a) your attending physician and (b) a second physician or clinical psychologist (or, if you're in a coma or otherwise unconscious, you're your physician) after they personally examine you. Your AD is turned off when a physician examines you and finds that you are able to make informed decisions again. (There is an option to have your AD turned on by just one professional for the sole purpose of agent consent to admission to a mental health care facility. See Power 5 on page 2 for more details.)

These are the powers that your agent 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, the "What it means to give powers to your health care agent" sheet may be helpful. It can be found on the [VirginiaAdvanceDirective.org](http://VirginiaAdvanceDirective.org) website.

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 others as needed to carry out my advance directive wishes.
3. To hire and fire my health care providers.

**Power 5 Option:**

Virginia law lets you authorize your agent to make the decision about admission to a mental health care facility on the basis of just *one* professional examining you and determining you cannot make an informed decision. Any other treatment decisions beyond admission to a mental health care facility will still require the usual determination process by (a) your attending physician + (b) a second physician or clinical psychologist. If you want to include this part of Power 5, you need to check the box.

Power 9: If you have any specific instructions about visitation, you can attach additional pages to this AD. 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"). Note: any attached page with instructions must be signed and witnessed, too.

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, you can skip or cross through Part C.

This power has two parts:

- 1. You can give your agent the power to consent over your objection to inpatient mental health admission and/or
- 2. You can give your agent the power to consent 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 have one of the licensed professionals listed in the box sign this page to make Part C legally binding. Before signing, the professional will check to see if you understand the consequences of giving your agent the powers described on this page. If you are not completing Part C, you do not need to have this page signed.

- 4. To consent to my admission to or transfer to a hospital, hospice, nursing home, assisted living facility or other health care facility, and to authorize my discharge from any such facility.
- 5. To consent to my admission to or transfer to a mental health care facility when it is recommended by my health care providers, and to authorize my discharge from any such facility.  
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.  
 Power 5 option: My agent may exercise this power after one of the following professionals determines that I am not able to make an informed decision about admission: an attending physician, a psychiatrist or clinical psychologist, a psychiatric nurse practitioner, a clinical social worker, or a designee of the local community services board who is trained to assess capacity.
- 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.  
 I have attached visitation instructions that my agent must follow to 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.

**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 that treatment is medically appropriate, 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 licensed:  physician,  clinical psychologist,  physician assistant,  nurse practitioner,  professional counselor,  clinical social worker. I am 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.

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Signature Date

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Printed Name and Address

