

# 有關預先醫療指示 你需要克服的10個藉口

馬上預約了解更多預先醫療指示資訊!

## 1. "我不清楚預先醫療指示是什麼。"

- 預先醫療指示是一份可以說明你醫療意願的法律文件;
- 你可在我們的網站及社交媒體找到預先醫療指示的資訊;
- 你也可預約我們的免費諮詢服務。

## 2. "預先醫療指示聽上去很不吉利。"

- 預先醫療指示不只針對垂死的人。
- 完成預先醫療指示能令你的醫療決定得到尊重。

## 3. "在預後階段才討論預先醫療指示為時已晚。"

- 應在你仍有足夠精力時處理你的醫療事宜。

## 4. "太多文件，令我感到困惑。"

- 保留一份文件然後分享給你所有的醫生，並在有更新時及時告知他們。

## 5. "我不知道什麼時候適合談論預先醫療指示。"

- 如果你已經準備好，請主動向你的醫生提及這個話題。

## 6. "我覺得只有我的家人而非我自己，可以為我作出醫療決定。"

- 請考慮清楚你的意願從而保障你的生活質量;
- 請考慮清楚誰能為你作出醫療決定。

## 7. "我害怕成為家庭的負擔。"

- 當你的醫生想知道，但你又無法表達你的醫療意願時，你才會成為負擔。

## 8. "我害怕醫生會強加我不想要的東西給我。"

- 在預先醫療指示中，你的醫療選擇將以法律文件的形式被記錄下來;
- 你的醫生必須遵循你的預先醫療指示。

## 9. "我還年輕，無需預先醫療指示。"

- 你永遠都不會因為太年輕而不需要預先醫療指示;
- 緊急情況隨時都會發生。

## 10. "我足夠健康，無需預先醫療指示。"

- 無論健康與否，意外都在所難免，越早設立預先醫療指示，你及家人就能做越多的準備。



掃描二維碼  
和我們預約免費諮詢服務  
讓你更好了解預先醫療指示

或

你也可撥打以下電話  
預約諮詢服務  
(415) 533-6440  
(415) 677-7585



# 10 EXCUSES ABOUT ADVANCE CARE DIRECTIVES TO OVERCOME

**BOOK A CALL TO LEARN MORE ABOUT  
ADVANCE CARE DIRECTIVES (ACD) NOW!**

## 1. "I'm not sure what an ACD is"

- An ACD is a legal document specifying your medical wishes.
- Find resources about ACD on our website and social media.
- Book a free consultation with us.

## 2. "An ACD sounds ominous."

- ACD is not only for those who are dying.
- Completing an ACD can honor your medical decisions.

## 3. "It's too late to discuss ACD after being given a prognosis."

- Handle your medical affairs when you still have your full mental capacity.

## 4. "There are too many documents, I get confused."

- Have one form of documentation to share and update between all your doctors.

## 5. "I have no idea when to talk about it."

- Bring it up with your doctor when you are ready.

## 6. "I think my family can make the medical decisions but not myself."

- Think about your wishes to ensure your quality of life.
- Think about who your decision maker will be.

## 7. "I'm afraid to be a burden to my family."

- It only becomes a burden when you cannot speak about your medical wishes at a time when your doctor needs to know.

## 8. "I'm afraid my doctor will push for things I don't want."

- Your health choices will all be documented legally in the ACD.
- The doctor must follow your ACD.

## 9. "I'm too young for an ACD."

- You are never too young to have an ACD.
- Emergencies can happen at any time.

## 10. "I'm too healthy for an ACD."

- Healthy or not, unexpected events in life can happen. The sooner you make an ACD, the more prepared you and your family will be.



Scan the QR code  
and book a free call  
with us to learn  
more about ACD

OR

Make an appointment  
by calling  
(415) 533-6440  
(415) 677-7585

