

預先醫療指示的重要性

為什麼預先醫療指示很重要？

當您受到嚴重傷害或患有嚴重疾病使您無法為自己做出醫療決定時，預先醫療指示非常重要。它告訴您的醫生和其他醫護人員您希望獲得哪種類型的護理。

什麼是預先醫療指示？

預先囑託的兩個部分：

第一部分 - 生前遺囑：

一種表明您在生命即將結束或不能為自己說話時希望接受的醫療類型的表格。



第二部分 - 醫療保健委託書 (POA)：

允許您在不能自己說話時，指定一個人為您做出治療決定。此人可以是配偶，伴侶，父母，朋友或您信任的人，為您做出健康決定。

何時是訂立預先醫療指示的最佳時機？

訂立預先囑託的最佳時間是您年滿18歲並且能為自己作出醫療決定。

準備預先醫療指示的步驟

□ 步驟 1

想一想您在醫療緊急情況下想要什麼或不想要什麼的治療。

【與您的醫生討論您現在的健康狀況會如何影響您將來的健康是很有幫助的。您可以請求醫生幫助您理解並引導您作出決擇。】

□ 步驟 2

選擇您的醫療保健代理人。【這個人應該是您最信任的人，當您病得太重而不能為自己做決定時，這個人將會為您做出醫療決定。】



□ 步驟 3

填寫醫療保健委託書 (POA) 和生前遺囑表格。

□ 步驟 4

將您的預先指示副本交給您的家人，醫生和醫療保健代理人。

如果您現在沒有預先囑託，請盡快與您的醫生聯繫！



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The Importance of Advance Directives

Why is an **ADVANCE DIRECTIVE** important?

An advance directive is important when you're badly hurt or have a serious illness that keeps you from making medical decisions for yourself. It tells your doctors and other health care workers what type of care you would like to have.

What is an **ADVANCE DIRECTIVE**?

Two parts of advance directives:

Part 1: Living Will - a form that states the type of medical treatment you want to receive as you near the end of your life and if you can no longer speak for yourself.



Part 2: Health Care Power of Attorney (POA) - allows you to name a person to make treatment decisions for you when you can't speak for yourself. This person can be a spouse, partner, parent, friend, or someone you trust to make health decisions for you.

When is the best time to create an **ADVANCE DIRECTIVE**?

The best time to create an advance directive is when you are over 18 years old and capable of making your own medical decisions.

How to prepare an **ADVANCE DIRECTIVE**

❑ **Step 1**

Think about what kind of treatment you do or do not want in a medical emergency. (It is helpful to talk with your doctor about how your current health conditions might influence your health in the future. You can ask your doctor to help you understand and think through your choices before you put them in writing.)

❑ **Step 2**

Choose your health care agent. (This should be a person you trust to make medical decisions for you if you are too sick to make them yourself.)



❑ **Step 3**

Fill out the POA and Living Will forms.

❑ **Step 4**

Give copies of your Advance Directive to your family, doctor, and health care agent.

If you do not have an Advance Directive now, talk to your doctor as soon as possible!



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