You can obtain a standard advance directive for your state from a local hospital, a state health department, or the not-for-profit National Hospice and Palliative Care Organization (1700 Diagonal Road, Suite 625, Alexandria, VA, 22314; 703-837-1500; www.nhpco.org). The state forms are not very specific, and you may increase the chance of a physician following your wishes if you provide more detailed instructions. The form shown below allows you to make specific choices about medical procedures under six different circumstances.

This form expresses my specific wishes regarding medical treatments in case illness prevents me from communicating them directly. My wishes apply both to the illness described and to any other situations that might develop. If a circumstance arises that my choices do not specifically address, my doctors and my agent should extrapolate from my choices below to the situation at hand. I understand that my wishes must be medically reasonable. Finally, all conclusions about my medical condition must be agreed to by my physician and appropriate consultants.

<table>
<thead>
<tr>
<th>Situation A</th>
<th>Situation B</th>
<th>Situation C</th>
</tr>
</thead>
<tbody>
<tr>
<td>If I am in a coma or persistent vegetative state and have no known hope of recovering awareness or higher mental functions:</td>
<td>If I am in a coma and have a small but uncertain chance of regaining awareness and higher mental functioning:</td>
<td>If I am aware but have brain damage that makes me unable to recognize people, to speak meaningfully, or to live independently, and I have a terminal illness:</td>
</tr>
<tr>
<td>I want</td>
<td>I do not want</td>
<td>I want a trial; if no clear improvement, stop treatment.</td>
</tr>
</tbody>
</table>

1. Cardiopulmonary resuscitation. The use of pressure on the chest, drugs, electric shocks, and artificial breathing to revive me if my heart stops.
2. Mechanical respiration. Breathing by machine, through a tube in the throat.
3. Artificial feeding. Giving food and water through a tube inserted either in a vein, down the nose, or through a hole in the stomach.
4. Major surgery. For example, removing the gallbladder or part of the intestine.
5. Kidney dialysis. Cleaning the blood by machine or by fluid passed through the abdomen.
7. Minor surgery. For example, removing part of an infected toe.
8. Invasive diagnostic tests. For example, examining the stomach through a tube inserted down the throat.
9. Transfusions of blood or blood components.
10. Antibiotics. Drugs to fight infection.
11. Simple diagnostic tests. For example, blood tests or X rays.
12. Pain medications, even if they dull consciousness and indirectly shorten my life.
WELLNESS WORKSHEET 108 — continued

For each of the situations at right, check the boxes that indicate your wishes regarding treatment.

<table>
<thead>
<tr>
<th><strong>Situation D</strong> If I am aware but have brain damage that makes me unable to recognize people, to speak meaningfully, or to live independently, and I do not have a terminal illness:</th>
<th><strong>Situation E</strong> If I have an incurable chronic illness that causes physical suffering or minor mental disability and will ultimately cause death, and then I develop a life-threatening but reversible illness:</th>
<th><strong>Situation F</strong> If I am in my current state of health (describe briefly):</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want</td>
<td>I do not</td>
<td>I want</td>
</tr>
<tr>
<td>I want</td>
<td>want</td>
<td>I want</td>
</tr>
</tbody>
</table>

1. Cardiopulmonary resuscitation.
The use of pressure on the chest, drugs, electric shocks, and artificial breathing to revive me if my heart stops.

2. Mechanical respiration.
Breathing by machine, through a tube in the throat.

3. Artificial feeding.
Giving food and water through a tube inserted either in a vein, down the nose, or through a hole in the stomach.

For example, removing the gallbladder or part of the intestine.

5. Kidney dialysis.
Cleaning the blood by machine or by fluid passed through the abdomen.

6. Chemotherapy.
Drugs to fight cancer.

7. Minor surgery.
For example, removing part of an infected toe.

8. Invasive diagnostic tests.
For example, examining the stomach through a tube inserted down the throat.

9. Transfusions of blood or blood components.

10. Antibiotics.
Drugs to fight infection.

11. Simple diagnostic tests.
For example, blood tests or X rays.

12. Pain medications,
even if they dull consciousness and indirectly shorten my life.

Signed: ______________

Signature: ______________

Printed name: ______________

Address: ______________

Date: ______________

Witness: ______________

Signature: ______________

Printed name: ______________

Address: ______________

Date: ______________

Witness: ______________

Signature: ______________

Printed name: ______________

Address: ______________

Date: ______________