



Advanced Directives Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

Advanced care planning allows people to make decisions about their future medical care based on personal values and wishes. This provides meaningful direction if a person becomes unable to communicate around their own health care choices.

It is recommended that all documents be notarized although not required and shared with providers.

Palliative Care Advanced Directives

Colorado Health Institute outlines the following options and definitions for advanced directives:

Medical Durable Power of Attorney: Someone identified who could make medical decisions on a patient's behalf. The agent chosen is obligated to act according to the wishes and values of the patient and also grants them access to medical records.

Living Will or 'Declaration as to Medical Treatment': Instructs physicians regarding artificial life support when patients cannot speak for themselves or are in a persistent vegetative state. Identifies how a patient would like care continued or discontinued under certain circumstances.

- Goes into effect after 48 hours and after two doctors have agreed that someone is experiencing a terminal condition and unable to speak for themselves.
- Living wills do not allow someone to make medical decisions on behalf of another person but they can list people the patient would like kept informed of their condition. This document solely refers to medical treatment and is separate from wills pertaining to trusts and property.

Medical Orders for Scope of Treatment: Typically used for those who are seriously or chronically ill and in frequent contact with providers. Identifies specific instructions to providers regarding which medical interventions to perform or to avoid and must be signed by both the patient and provider.

CPR Directive: A medical order that instructs providers not to resuscitate if a person's heart or breathing stops. May be appropriate for those seriously ill for whom CPR may do harm. The doctor and patient must sign and a Medical Power of Attorney is recommended.

More Information and Tools:

- <https://theconversationproject.org/>
- <https://cdphe.colorado.gov/palliative-care/advance-care-planning-for-patients-and-families>

Forms

- <https://cdphe.colorado.gov/advance-care-planning>.
- <https://www.coloradoadvancedirectives.com/advance-directives-in-colorado/living-will/index.html>

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Psychiatric Advanced Directives

A legal directive that allows someone to refuse or give consent to future psychiatric treatment.

The Colorado Department of Behavioral Health specifies the following:

- Allows individuals to identify their wishes with regards to mental health care and associated treatment modalities including medication and alternative options.
- Able to optionally appoint a health agent to either (1) execute their instructions only or (2) make decisions concerning alternatives to the behavioral health treatment instructions and preferences outlined.
- Should be honored across all situations, including crisis. Cannot be used to refuse involuntary emergency procedure or commitment and use of involuntary emergency procedure does not invalidate the form.
- To be valid, must be completed by an individual 18 years or older and signed by two disinterested witnesses as outlined on the form. If identifying an agent, they must sign as well. A copy should be shared with all healthcare professionals involved.

More Information and Tools:

- <https://coloradopad.org/what-is-a-pad/>

Form:

- <https://coloradopad.org/start-your-pad-here/>