

**ALPINE MEDICAL ASSOCIATES**  
1667 Lucerne Street, Suite A  
Minden, NV, 89423

**ADVANCE CARE PLANNING**  
(Advance Directives)

For patients 18 years and older.

Advance Care Planning refers to a process of mapping out the types of medical and non-medical care you would like to receive at some future point should a life-threatening or terminal disease make it impossible for you to express your wishes at that time. This type of planning is an ongoing process. It is a process of thoughtful discussion between you and your care providers, spouse, family, and significant others. While this conversation often results in document, it is more than just a piece of paper. It is an effort to better educate your physician, spouse, family, and others about your values, goals, and wishes related to end-of-life care. This communication between you and your health care provider can be done at any time, preferably when you are younger and still healthy. Once completed, it should be revisited on a regular basis- every five years or after any potentially life-changing event, such as marriage, divorce, death of a spouse, or the onset of a life-threatening disease.

Advance care planning usually produces an Advance Directive, which is a written document that helps to summarize the plans you have made for future care. These documents take several forms, such as a Living Will and Durable Power of Attorney for Health Care. While they can be completed without the involvement of your healthcare provider, it is much preferred to do this together. The future usefulness of these documents is better assured if your healthcare professional has been part of the planning process.

Please check one of these statements and sign below.

\_\_\_\_\_ I have an Advance Directive in effect and agree to provide a copy for my medical record.

\_\_\_\_\_ I do NOT have an Advance Directive in effect currently. I have read and understand the information on Advance Directives.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_