Advance directives & long-term care

Advance directives explain how you want medical decisions to be made when you're too ill to speak for yourself.

Types of advance directives

A health care proxy is a document that names someone you trust to make health decisions if you can’t. This is also called a durable power of attorney.

A living will tells which treatment you want if your life is threatened, including dialysis and breathing machines; resuscitation; tube feeding; and organ or tissue donation after you die.

How to get advance directives

Get an advance directive from any of these:

* Your health care provider
* Your attorney
* Your [local Area Agency on Aging](https://eldercare.acl.gov/)
* Your [state health department](https://www.medicare.gov/talk-to-someone)