



“Decomplicator” for Health Care Directives

I don’t need one – Health Care Directives are only for old or sick people: Anyone 18 years old and older are encouraged to document their wishes for medical care. Medical uncertainties can happen to us anytime, including serious car accidents and sudden illnesses. It's best to voice your choices while you are healthy.

I don’t know much about Health Care Directives – I need some help with it – Watch a free educational video at www.centracare.com/acp. Invite your family members or friends to view it with you. Or attend a free educational session, either in-person or via Zoom – find out more at <https://www.honoringchoices.org>. Your health care provider can also answer your questions or concerns.

My family knows what I want: Not necessarily. A Health Care Directive gives a clear written road map for your loved ones and medical team to refer to. Completing it will help make sure you get the care you want. Putting your choices in writing helps your loved ones know if they are doing what you would want.

I don’t know who to choose as my Health Care Agents: Anyone 18+ who can speak on your behalf. Your agent is someone you choose to speak and make health care decisions for you if you cannot. Consider naming a family member or friend who knows you well, understands your values, and will carry out your wishes. The agent does not need to be a relative.

I need an attorney: An attorney is not required. In Minnesota, a health care directive is considered legal when signed by 2 witnesses or 1 notary public.

I can’t afford it: There is no cost required to complete a Health Care Directive. You can download a form for free at <https://honoringchoices.org>. Click on the Resources tab for forms in 8 languages.

Health Care Directive forms are too long: Honoring Choices has short forms (2 pages) available.

I need a notary public: A notary is not required. A Health Care Directive is considered legal in Minnesota when your signature is verified by 2 witnesses *or* 1 notary public. Witnesses must be 18 years of age or older and cannot be your primary or alternate health care agent.

I would like to use a notary public: You can typically find one at banks, credit unions, city or county offices, and medical clinics and hospitals. You could search for a notary public by city or county: <https://notary.sos.state.mn.us/Search/SearchForNotary>

I need to fill one out yet – I have the paperwork on my counter at home: Make a commitment to yourself to accomplish it by setting a deadline. Life is unpredictable and medical uncertainties can happen at any age. Completing your directive will bring peace of mind.

I have mine finished at home – what do I do with it? Review it with your Health Care Agents and make them each a copy. Make sure they feel they can do this important job for you in the future. Give a copy to your health care provider. Keep the original for your records and share with other family members as you wish.

More info at: www.centracare.com/acp or <https://www.honoringchoices.org>