



Abrazo Advantage Health Plan Website Advance Directives

Advance planning ensures that you can continue to make health care decisions for yourself. If for any reason you should become seriously ill and unable to speak for yourself, you can direct the decisions others will have to make on you're your behalf by creating advance directives. Your advance directives can be created through informal discussions with your family or they can be legal documents signed by you and witnessed by others.

There are legal documents that will help you put your choices in writing. You can place these documents in your medical record and give copies to your doctor and family.

Advance planning for your health care could help your family during a very difficult time. Planning ahead protects your family from having to make hard choices without knowing your wishes. These discussions and documents are invaluable when difficult discussions have to be made.

Members have the right to formulate advanced directives, which may include a living will or a health care power of attorney.

A **Living Will** is a document that allows you to express what types of services you do or do not want if you become ill.

A **Health Care Power of Attorney** allows you to choose another person to make decisions about your health care if you are unable to make the decisions for yourself.

Below is a list of agencies that you may contact by telephone or in writing for additional information and forms.

Organization

Aging and Adult Administration
Arizona State Government
1789 W. Jefferson
Site Code 950 A
Phoenix, AZ 85007
602-542-446

Arizona Senior Citizens Law Project
1818 S, 16th St.
Phoenix, AZ 85034
602-252-6710

Dorothy Garske Center
214 E. Fifth St. Suite 8
Tempe, AZ 85281
480-966-2674