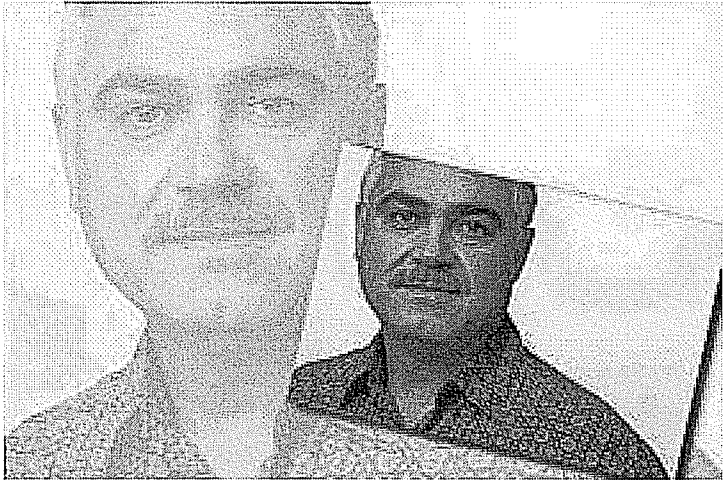

**Yolo County
Department of Alcohol, Drug,
and Mental Health Services**

**Advance
Health Care
Directives**



**Information for
Consumers**

Rev. 12/12/2007

What is an Advance Health Care Directive?

An Advance Health Care Directive (Advance Directive) is:

- A written document that describes your directions and preferences for treatment and care during times when you are having difficulty communicating and making decisions.
- It can inform others about what treatment you want or don't want.
- It can identify a person called an 'agent' who you trust to make decisions and act on your behalf.

Should I have an Advance Directive?

There are advantages to having an Advance Directive:

- You have more control over what happens to you during periods of crisis.
- Providers and others will know what you want even if you can't express yourself well.
- Your directive can help your case manager and others who are involved in your treatment.

The law requires providers to respect what

- you write in an advance directive to the fullest extent possible.

You are not required to have an Advance Directive to receive treatment or services. You will not be refused treatment or services if you chose to have an Advance Directive.

What's included in an Advance Directive?

Anything that might be involved in your treatment can be a part of an Advance Directive.

For example:

- consent for, or refusal of, particular medications or inpatient admission;
- who can visit you if you are in the hospital;
- who you appoint to make decisions and take actions for you (your agent);
- anything else you want or don't want in your future care.

Should I have an agent?

You have the option of naming an agent:

- Who is at least 18 years old
- Who you trust and can talk to about the care you want
- Who knows you well enough to know what is important to you
- Who supports your treatment choices
- Who can inform treatment providers about your preferences and can advocate for you when a decision is needed.

By law, your agent cannot be your doctor, your case manager, or your residential provider, unless that person is also your spouse, adult child, or sibling.

Note: Yolo County ADMH staff may NOT be designated as a client's agent.

Who should get a copy of my Advance Directive?

If you name an agent, that person must be given a copy. It is a good idea to give one to your current mental health provider, your health provider, your lawyer (if you have one),

and trusted family members. Bring a copy if you are being admitted to a mental health or health facility. Any treatment provider who gets a copy is required to make it a part of your chart.

Will everything in my Advance Directive be followed?

Your Advance Directive will be followed whenever possible. However, there are instances in which your Advance Directive may not be followed:

- Your provider or the institution cannot implement your advance directive as a matter of conscience
- Your treatment preferences are unavailable
- Following your directive would violate state or federal law
- Your instructions would endanger you or others

Can I change or revoke my Advance Directive?

As long as you have capacity, you can change or revoke your Advance Directive at any time. Changes regarding agents need to be made in

writing. All other changes can be made verbally to your provider. Be sure to notify everyone who has a copy if you revoke it or make any changes.

What if I already have a living will or durable power of attorney?

Where there is a conflict between an Advance Directive and any previous directive (such as a living will), the newer document will have legal priority. To reduce confusion, it is probably best to have one person act as your advance directive agent and durable power of attorney.

How can I make a complaint?

Complaints concerning noncompliance with the Advance Directive Requirements may be filed with Department of Mental Health Services, Licensing and Certification Division, at 1-800-236-9797, or by mail at P.O. Box 997413, Sacramento, CA, 95899-1413.

How do I create an Advance Directive?

You can get a form from state legal or medical associations, as well as through most hospitals, doctors, and lawyers. Be sure that you understand the form and that you follow the directions.

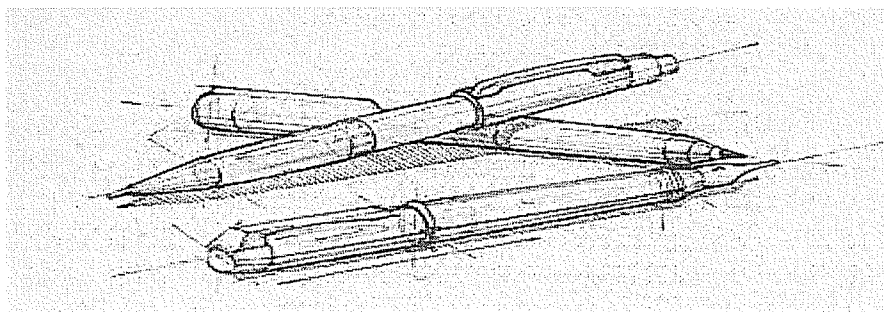
Where can I go for more information about Advance Directives?

- Call your lawyer, local health provider, or ombudsman service.
- Contact the following Yolo County Senior Citizens Centers:

2001 East Street, Woodland
530-661-5868

646 A Street, Davis
530-757-5696

644 Cummins Way, West Sacramento
916-373-5819



**Yolo County
Department of Alcohol, Drug,
and Mental Health Services**

137 N. Cottonwood St. Suite 2500
Woodland, CA 95695

Phone: **(530) 666-8516**

Fax: (530) 666-8294

TDD: 1-800-735-2929

Toll-Free 24-hour Crisis Services
1-888-965-6647

Office Hours:
8:00 a.m. – 5:00 p.m.
Monday – Friday

Patients' Rights Advocate
888-857-7776

