

What is a Living Will?

One part of an Advance Directive is a Living Will.

A living will is a written document that details the kinds of end-of-life treatments you want if you can't speak or act on your own because of an accident or illness.

A living will helps you stay in control of your healthcare. It can give you peace of mind, knowing that your wishes will be followed. It can also help your loved ones. They won't need to make painful decisions about your care.

“So a living will is a document where you simply dictate the medical decisions that affect you that you want to have done to you.”

Writing a living will can seem like a big task, but it's a lot easier than you think.

Here are some things to think about when writing your living will:

What are your views about death and the medical acts that can prolong life?

Do you have religious beliefs that you would like taken into consideration when being cared for?

Would you like feeding or breathing tubes used to keep you alive?

Do you want to be an organ donor? Your organs may be used to help others.

How dependent on others' care are you willing to be?

If you are facing a terminal, or life-ending, illness, do you want healthcare providers to take extra steps like CPR to revive you?

What are the laws in your state for a living will?

Check with your healthcare provider or lawyer. They can help make sure everything is in order.

If you feel overwhelmed by medical terms or healthcare decisions, you don't have to make these decisions on your own.

Talk to your family members, friends, healthcare provider, lawyer, or religious leader.

They can help you decide what is best for you when writing your living will.