

**Advance care planning is not only for the seriously ill. It can help adults of any age or stage of health understand and share their personal values, life goals, and preferences for future medical care<sup>1</sup>.**

Documenting your wishes on forms approved by New York State can ensure that medical providers respect and carry them out.

	Health Care Proxy	MOLST (Medical Orders for Life-Sustaining Treatment)	DNR (Do Not Resuscitate)	DNH (Do Not Hospitalize)	Organ/Tissue Donor
Who is it for?	Anyone 18 or older with the mental ability to make their health care decisions.	Anyone with a serious illness.	Anyone with a serious illness who does not want chest compressions (CPR) and life support.	Anyone with a serious illness who does not want to be hospitalized.	Anyone 16 and older with the mental capacity to make decisions.
What is it for?	To document who can make health care decisions if you are unable (a "health care agents").	To document specific health care decisions of people with a serious illness.	To document refusal of CPR, life support, electric shock, breathing tube insertion, or IV medications if breathing and heart beat stop.	To document refusal to be transferred to the hospital.	To document the decision to donate organs after death.
Where is it found?	On the NYS Health Care Proxy Form.	On the NYS MOLST form.	On the MOLST and the NYS DNR forms on the Department of Health (DOH) website.	On the MOLST form and on the DOH website.	On the NYS Organ Donor Registry website: <a href="https://donatelife.ny.gov/register/">https://donatelife.ny.gov/register/</a> .
When should you complete it?	As soon as possible! Review your health care wishes with your health care agent after any major life event or illness.	When diagnosed with serious illness; as soon as possible for those with serious and chronic illnesses; after complications or hospitalization.	After discussing with health care providers whether CPR and life support could help you get better following a cardiac arrest.	After discussing with health care providers whether your condition can be effectively treated without hospitalization.	Enrollment can occur at any time for people 16 and older.
Why is it important?	This helps ensure you get the care you would want if you are unable to direct it yourself.	MOLST is the only NYS advance care planning form honored in all care settings (such as nursing facilities, doctor's offices, emergency rooms, and hospitals).	You will not be able to make any decisions should your heart and breathing stop. Deciding in advance will ensure that your wishes are carried out.	Deciding in advance will ensure your wishes are carried out.	One organ donor can save eight lives and help 75 more by donating tissue and corneas. People with any medical history could potentially be organ and tissue donors; no diseases automatically prevent donation. All major religions support organ and tissue donation. <sup>2</sup>
How can I do this?	Choose your health care agent, fill out the form, and discuss your specific wishes for care if you are unable to speak for yourself.	Discuss which medical treatments could help your condition and which would be unlikely to help with your health care provider, who can help complete the form to address your wishes.	Talk to your health care provider about whether CPR and life support would likely help you get better following a cardiac arrest.	Discuss whether your condition can be effectively treated in the nursing facility without being hospitalized with your health care provider.	Discuss any of your concerns about organ or tissue donation with your health care provider.

1. J. Gilissen, L. Pivodic, C. Gastmans, R. Vander Stichele, L. Deliens, E. Breuer, and L. Van den Block, "How to Achieve the Desired Outcomes of Advance Care Planning in Nursing Homes: A Theory of Change," *BMC Geriatrics BMC Series*, (February 14, 2018). <https://bmgeriatr.biomedcentral.com/articles/10.1186/s12877-018-0723-5> (accessed February 25, 2019).  
 2. "New York State Donate for Life," <https://donatelife.ny.gov/about-donation/> (accessed February 25, 2019).

