

### *Definition Summaries*

#### **Advance Health Care Directive**

An advance directive allows you to have a say in how you want to be treated if you become very ill. In the document, you can choose a health care agent, choose the kind of health you want, and choose to make an anatomical gift (organ/tissue donation).

#### **Living Will**

A living will is one type of health care directive. In the document, you can outline the type of care that you want if you become sick. A living will is usually not as detailed as an advance directive.

#### **Comfort One**

Some individuals who are terminally ill do not wish to have CPR performed when their breathing and heartbeat stop. The Alaska Comfort One Program allows you to complete a simple form, signed by your physician, to alert other health care professionals that you do not want CPR.

#### **Power of Attorney**

A power of attorney (POA) is a document that allows you to appoint another person, usually a relative or friend, to handle your legal and financial affairs while you are unable to. A POA can also make health care decisions.

#### **Health Care Representative**

A health care representative or agent is a person you appoint to make medical decisions for you if you are too sick to make them yourself. A health care representative cannot make legal or financial decisions for you.

A **Hospice Social Worker** is available to help you with any resources you may need and provide emotional support to you and your family.