



## What are the Benefits of Filing Advance Directives?

- It helps to clarify your preferences for treatment and plan better
- It helps to preserve a person's autonomy while ensuring the right care at the right time
- Planning can empower you and your support network and path to recovery
- Filing an Advance Directive may help you to work collaboratively with your treatment team

### WHERE DO I FIND MORE INFORMATION AND FORMS?

Texas Department of Health  
and Human Services  
[Bit.ly/DMHTform](https://bit.ly/DMHTform)

National Alliance on Mental Illness  
[Bit.ly/namiPAD](https://bit.ly/namiPAD)

National Resource Center on Psychiatric  
Advance Directives  
[www.nrc-pad.org/states/texas/](https://www.nrc-pad.org/states/texas/)

## Advance Directives

### Where do I find help to file an Advance Directive?

#### Texas Rio Grande Legal Aid, Inc.

888-988-9996  
[www.trla.org](http://www.trla.org)

#### Disability Rights Texas

1-800-252-9108  
[tinyurl.com/y7vatyuk](https://tinyurl.com/y7vatyuk)

#### Texas Legal Services Center

866-979-4343  
[www.tlsc.org](http://www.tlsc.org)

#### Texas Law Help

[texaslawhelp.org](http://texaslawhelp.org)

**Remember** — you have the right to choose the medical care and treatment you receive. Advance Directives help make sure you have a say in your future health care and treatment if you become unable to communicate.



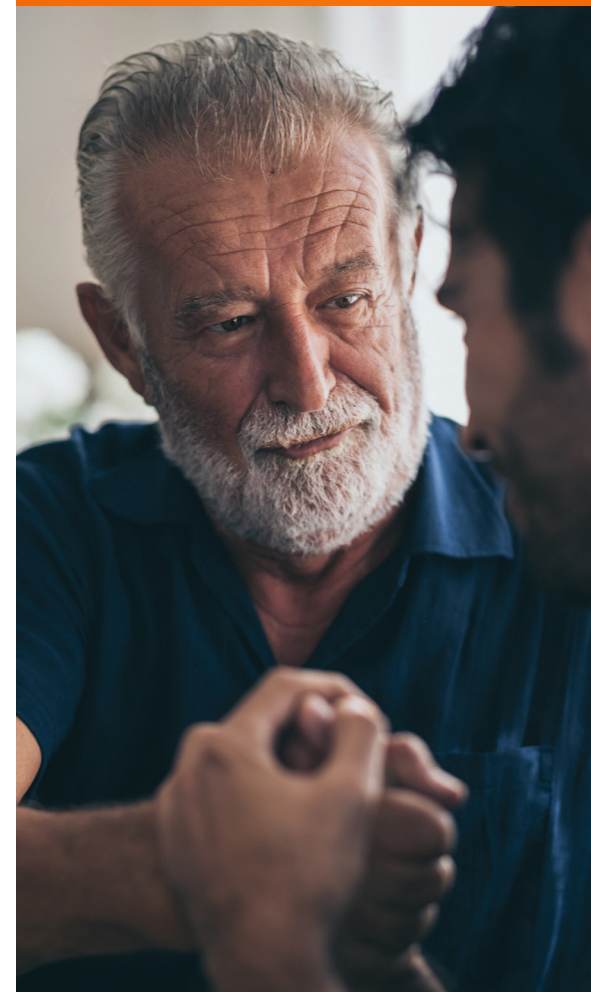
[www.chcsbc.org](http://www.chcsbc.org)



**THE CENTER**  
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Mental Health & Substance Abuse Solutions

## Advance Directives

### Take Charge of Your Health



## What is an Advance Directive?

They are a set of legal documents that you make in advance to direct physicians, family members and others on actions that should or should not be taken on your behalf when you can't communicate your wishes due to incapacity or illness. Family members often have different opinions about what they think is best for you, and Advance Directives can help to lessen conflict.



## Types of Directives

### DIRECTIVE TO PHYSICIANS AND FAMILY OR SURROGATES

The Directive to Physicians is sometimes called a 'living will'. It states your wishes about withdrawing or withholding life sustaining procedures if your condition is terminal or irreversible and death is imminent, as certified by two physicians.

### MEDICAL POWER OF ATTORNEY

A Medical Power of Attorney allows you to name an individual you trust as the agent who is authorized to make medical decisions for you when your doctor determines that you are unable to make your own treatment decisions. It is effective only during the period of your incapacity. If you regain the ability to make decisions, your agent automatically loses the power to make medical decisions on your behalf.

### OUT-OF-HOSPITAL DO-NOT-RESUSCITATE (DNR)

An Out-of-Hospital DNR tells emergency medical professionals not to resuscitate you and allow you to die a natural death, but it does not affect treatment designed to make you more comfortable or to reduce your pain. Emergency medical treatment is designed to stabilize you until you can be transferred to a medical facility. Emergency medical personnel can only honor the Out-of-Hospital DNR, not the Directive to Physicians or a Medical Power of Attorney, which are in effect only when you are under the care of a physician.

### DURABLE POWER OF ATTORNEY

A Durable Power of Attorney gives the individual named as your agent the power to make decisions about your property or finances when you are unable to do so. It does not authorize the agent to make medical or treatment decisions for you.

### PSYCHIATRIC ADVANCE DIRECTIVE

Texas law allows you to create a Declaration for Mental Health Treatment (commonly called a "Psychiatric Advance Directive") to state your preferences in advance in the event that you become unable to make treatment decisions at a later date. A Declaration is a legal document that allows you write down information about three (3) kinds of treatment you may or may not want to use as part of your Mental Health (MH) treatment in the future, when you can't make those decisions yourself due to illness, or for some other reason.

The three kinds of treatment a person can give instructions about are:

1. what psychotropic medications you do or do not want
2. if you do or do not want Electroconvulsive Treatment (ECT)
3. and, if an emergency comes up, how you would like the doctors and staff to try to calm you down (e.g., let you read a book, give you a shot of medication, and then try seclusion).

It also contains spaces for conditions and limitations in which you include exactly what you want in regard to the three MH treatments listed above.

A Declaration does not give a person additional care that they are otherwise entitled to or that contradicts accepted standards of practice, so please be realistic in the instructions you select.