



To complete advance directives, contact:
Care Management at LRGHealthcare
603.527.2862

For more information, visit:
healthynh.com

ADVANCE DIRECTIVES



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LRGHealthcare
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lrgh.org

Why Advanced Care Planning?

Making decisions about medical care is not always easy—especially now that machines can keep patients alive even when there is no hope for recovery. It's your right to participate in and plan for your care.

But at some point, you may become unable to make your own health care decisions. That's why it's important to think and talk about your feelings and beliefs with your loved ones—long before critical decisions must be made.

You are not required to have an advance directive if you don't want one, but it is a good idea in order to ensure that your wishes are followed regarding medical care. It also spares your family from making difficult decisions or incurring large expenses and time delays if legal guardianship or conservatorship is needed. If you become incapacitated and you have no advance directive, your family and physician will attempt to decide your treatment. If there is disagreement, your health care decisions may have to be made in a court of law.

What is an Advanced Directive?

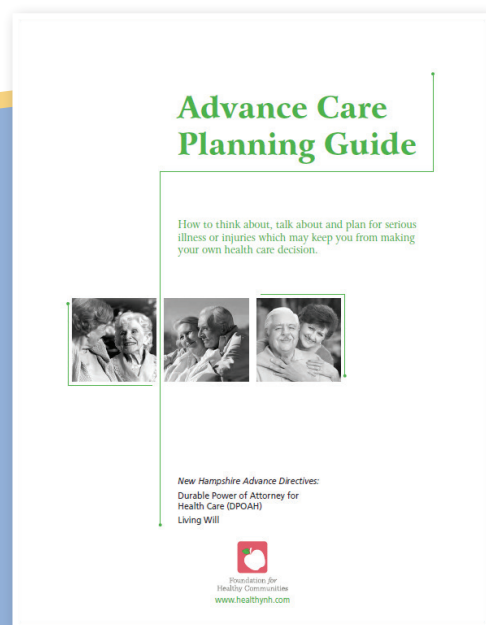
An advance directive is a legal document, written in advance of an incapacitating illness that allows patients to state their preferences about medical care. The state of New Hampshire recognizes two forms of advance directives—a durable power of attorney for health care and a living will. An Advance Care Planning Guide from the New Hampshire Hospital Association (*pictured right*), including a card to carry in your wallet, can be printed from your computer.

Durable Power of Attorney for Health Care (DPOA-HC)

A durable power of attorney for health care is a document in which you name another person to act as your agent to make your medical decisions should you become incapacitated. You can include instructions about which treatments you do or do not want. If you do not want artificial nutrition or hydration, New Hampshire law requires that you say so in your document.

What is a Living Will?

A living will instructs your physician to administer no life-sustaining procedures should you be in a terminal condition or permanently unconscious. If you do not want artificial nutrition or hydration, New Hampshire law requires that you say so in your document.



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