

# Creating Your Advanced Directive

Your Life, Your Decisions



An advanced directive is a written statement about your wishes for medical care. Advance directives make sure your wishes are carried out if you cannot communicate due to illness or injury.

Advanced directives are for people of all ages not just for people who are elderly or ill.

**Creating an advance directive is simple and free.**

**MyDirectives.com** walks you through each step to complete an electronic advance directive.

You should:

- Name your Health Care Agent – a trusted person who has permission to speak for you when you are unable.
- Talk about the quality of life you want to have and your values for end-of-life care.
- Decide your wishes for medical and end-of-life medical care, such as:
  - The use of ventilators (breathing machines)
  - The use of artificial nutrition (tube feeding) and artificial hydration (IV, or intravenous, fluids)
  - The use of life support

**Complete your advance directive online** or the Maryland Office of the Attorney General has a version you can print if you prefer a paper document. You and two witnesses must sign your advance directive document. Always carry a copy of your advance directive document with you or upload it to [MyDirectives.com](https://www.mydirectives.com) where it can be viewed online when needed.

Learn more at [health.maryland.gov/advance-directives](https://health.maryland.gov/advance-directives).



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MyDirectives



Maryland Advance Directive Program



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