



## **FREQUENTLY ASKED QUESTIONS:**

### **1. What is Life Care Planning and why is it so important?**

Life Care Planning is the process of deciding your medical wishes and who you want to carry them out, in case you are unable to do so. The documents in this packet are meant for you to express your wishes, whatever they may be, so you receive the treatment you want if you can no longer communicate. Hopefully, having your wishes clearly stated will help those close to you avoid the pain of trying to guess what you would or would not want done.

Life Care Planning is an important task for all of us, whether young or old, healthy or facing challenges. None of us knows what life has in store, so taking steps to tell our loved ones of our wishes can make all the difference on our end of life care. Through increased awareness and access to information, Arizonans of all ages can make their choices known about who will manage their medical affairs in the event of an emergency.

### **2. Where can I find these free forms?**

You can get copies of this Life Care Planning packet and the individual forms on the Attorney General's website at <https://www.azag.gov/seniors/life-care-planning>, or by calling the Community Outreach and Education Section at 602-542-2123.

### **3. If I do not fill out these forms who will make medical decisions for me?**

If you did not leave a Health Care Power of Attorney and there is no court appointed guardian, health care providers will contact the following people, in this order, who will have the authority to make health care decisions for you. These people are called "surrogates."

- Your spouse, unless you and your spouse are legally separated.
- Your adult child. If there is more than one adult child, the health care providers will seek the consent of a majority of the children who are available for consultation.
- Your parent.
- Your domestic partner if no other person has assumed any financial responsibility for you.
- Your brother or sister.
- Your close friend.

**4. Should I complete a Do Not Resuscitate "DNR" Form?**

If you are healthy and strong, you may not wish to complete a DNR. You can express your wishes about how you want to be cared for should you become seriously ill without completing a DNR. DNRs are most appropriate for people who would probably not do well with CPR (cardiopulmonary resuscitation) because they are very sick, terminally ill or otherwise extremely weak. In any case, you will need to discuss the DNR with your doctor, who will also need to sign the form.

**5. At what age should I think about filling out these documents?**

Now, so long as you are at least 18 years of age. It is never too early to be prepared.

**6. Will I need a lawyer to fill out these forms?**

No. You do not need a lawyer's help to fill out these documents, but you may wish to consult with a lawyer if you need advice. If you need to find an attorney, check out the [information on legal services](#).