

# Selecting a Power of Attorney

**1. If you are unable to make your own choices, select a person (and a backup) to make decisions for you. This person should be some who:**

- Knows you well
- Is calm in a crisis
- Understands what you would choose if you were able to
- Not afraid to ask your doctors questions
- Can comfort and talk to those you care about

**2. Talk to your Power of Attorney about your wishes.**

**Explain what you are asking your Power of Attorney to do and why you picked them.**

They need to know about the quality of life that is important to you and when and what medical treatments you would want. Knowing your values will help your health care agent make decisions for you if you are unable to make those decisions.

**Questions to discuss with your Power of Attorney:**

- Are there treatments that you want or would not want?
- Do you have any particular fears or concerns about the medical treatment you might receive?
- What are your views on feeding tubes?
- If your heart stopped, do you want CPR?
- Do you want a breathing machine (ventilator), antibiotics or tube feeding for a time but have them stopped if there was no improvement in your condition?
- Are there types of treatment you do not want no matter what your medical condition?

**3. Complete IPOST or Advance Care Directives**

**4. IPOST need to be signed by your doctor and go with you. Advance directives should be copied with one going to your Power of Attorney(s), doctors, etc.**

