

Advance Directives

Elder Law of East Tennessee

Have you talked with your family and loved ones about how you do or don't want to be treated in case of a sudden accident or illness? Does a trusted loved one know what to do if you are not able to make decisions for yourself?

What it is: a legal document, often called a "Living Will," which states your wishes regarding medical treatment under specific circumstances

What it does: guides your loved ones who may have to make medical decisions on your behalf, relieves them of their burden, and ensures your wishes are carried out

Who needs it: every adult

An **advance directive** is a legal document that describes your wishes regarding medical care and ensures that those wishes will be carried out. There are several kinds of advance directives. In Tennessee, it may be called a "Living Will" or an "Advance Care Plan." It may include information about:

- What physical and medical conditions you consider "acceptable" or "unacceptable,"
- What medical treatment you wish to receive if you are in a condition which you consider "unacceptable,"
- Your position on receiving resuscitation, mechanical ventilation, **nutritional** and hydration assistance, and dialysis,
- Your specific wishes regarding organ donation, and
- Your wishes regarding funeral and other final arrangements.

Your advance directive goes a long way toward **relieving your family and friends of the moral dilemma of making decisions for you**. When a loved one is unable to communicate, their family members often agonize – and sometimes argue – over the best course of action. By preparing an advance directive, you relieve your loved ones of that burden and ensure that your wishes are carried out.



903 N Hall of Fame Dr. | Knoxville, TN 37917 | www.elderlawetn.com | info@elderlawetn.com

Call to schedule your consultation: 865-951-2410