

# **SUGGESTIONS FOR PREPARING WILL TO LIVE DURABLE POWER OF ATTORNEY**

*(Please read the document itself before reading this.  
It will help you better understand the suggestions.)*

**YOU ARE NOT REQUIRED TO FILL OUT ANY PART OF THIS "WILL TO LIVE" OR ANY OTHER DOCUMENT SUCH AS A LIVING WILL OR DURABLE POWER OF ATTORNEY FOR HEALTH CARE. NO ONE MAY FORCE YOU TO SIGN THIS DOCUMENT OR ANY OTHER OF ITS KIND.**

The Will to Live form starts from the principle that the presumption should be for life. If you sign it without writing any "SPECIAL CONDITIONS," you are giving directions to your health care provider(s) and health care agent<sup>1</sup> to do their best to preserve your life.

Some people may wish to continue certain types of medical treatment when they are terminally ill and in the final stages of life. Others may not.

If you wish to refuse some specific medical treatment, the Will to Live form provides space to do so ("SPECIAL CONDITIONS"). You may make special conditions for your treatment when your death is imminent, meaning you will live no more than a week even if given all available medical treatment; or when you are incurably terminally ill, meaning you will live no more than three months even if given all available medical treatment. There is also space for you to write down special conditions for circumstances you describe yourself.

The important thing for you to remember if you choose to fill out any part of the "SPECIAL CONDITIONS" sections of the Will to Live is that you must be very specific in listing what treatments you do not want. Some examples of how to be specific will be given shortly, or you may ask your physician what types of treatment might be expected in your specific case.

Why is it important to be specific? Because, given the pro-euthanasia views widespread in society and particularly among many (not all) health care providers, there is great danger that a vague description of what you do not want will be misunderstood or distorted so as to deny you treatment that you do want.

Many in the medical profession as well as in the courts are now so committed to the quality of life ethic that they take as a given that patients with severe disabilities are better off dead and would prefer not to receive either life-saving measures or nutrition and hydration. So pervasive is this "consensus" that it is accurate to say that in practice it is no longer true that the

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<sup>1</sup> Some states use the terms "attorney in fact," "surrogate," "designee," and "representative" instead of "agent." They are synonymous for purposes of these suggestions.

"presumption is for life" but rather for death. In other words, instead of assuming that a now incompetent patient would want to receive treatment and care in the absence of clear evidence to the contrary, the assumption has virtually become that since any "reasonable" person would want to exercise a "right to die," treatment and care should be withheld or withdrawn unless there is evidence to the contrary. The Will to Live is intended to maximize the chance of providing that evidence.

It is important to remember that you are writing a legal document, not holding a conversation, and not writing a moral textbook. The language you or a religious or moral leader might use in discussing what is and is not moral to refuse is, from a legal standpoint, often much too vague. Therefore, it is subject to misunderstanding or deliberate abuse.

The person you appoint as your health care agent may understand general terms in the same way you do. But remember that the person you appoint may die, or become incapacitated, or simply be unavailable when decisions must be made about your health care. If any of these happens, a court might appoint someone else you don't know in that person's place. Also remember that since the agent has to follow the instructions you write in this form, a health care provider could try to persuade a court that the agent isn't really following your wishes. A court could overrule your agent's insistence on treatment in cases in which the court interprets any vague language you put in your "Will to Live" less protectively than you meant it.

So, for example, do not simply say you don't want "extraordinary treatment." Whatever the value of that language in moral discussions, there is so much debate over what it means legally that it could be interpreted very broadly by a doctor or a court. For instance, it might be interpreted to require starving you to death when you have a disability, even if you are in no danger of death if you are fed.

For the same reason, do not use language rejecting treatment which has a phrase like "excessive pain, expense or other excessive burden." Doctors and courts may have a very different definition of what is "excessive" or a "burden" than you do. Do not use language that rejects treatment that "does not offer a reasonable hope of benefit." "Benefit" is a legally vague term. If you had a significant disability, a health care provider or court might think you would want no medical treatment at all, since many doctors and judges unfortunately believe there is no "benefit" to life with a severe disability.

What sort of language is specific enough if you wish to write exclusions? Here are some examples of things you might--or might not--want to list under one or more of the "Special Conditions" described on the form. Remember that any of these will prevent treatment ONLY under the circumstances--such as when death is imminent--described in the "Special Condition" you list it under. (The examples are not meant to be all inclusive--just samples of the type of thing you might want to write.)

"Cardiopulmonary resuscitation (CPR)." (If you would like CPR in some but not all circumstances when you are terminally ill, you should try to be still more specific: for example, you might write "CPR if cardiopulmonary arrest has been caused by my terminal illness or a complication of it." This would mean that you would still get CPR if, for example, you were the

victim of smoke inhalation in a fire.) "Organ transplants." (Again, you could be still more specific, rejecting, for example, just a "heart transplant.")

"Surgery that would not cure me, would not improve either my mental or my physical condition, would not make me more comfortable, and would not help me to have less pain, but would only keep me alive longer."

"A treatment that will itself cause me severe, intractable, and long-lasting pain but will not cure me."

### **Pain Relief**

Under the "General Presumption for Life," of your Will to Live, you will be given medication necessary to control any pain you may have "as long as the medication is not used in order to cause my death." This means that you may be given pain medication that has the secondary, but unintended, effect of shortening your life. If this is not your wish, you may want to write something like one of the following under the third set of "Special Conditions" (the section for conditions you describe yourself):

"I would like medication to relieve my pain but only to the extent the medication would not seriously threaten to shorten my life." OR

"I would like medication to relieve my pain but only to the extent it is known, to a reasonable medical certainty, that it will not shorten my life."

Think carefully about any special conditions you decide to write in your "Will to Live." You may want to show them to your intended agent and a couple of other people to see if they find them clear and if they mean the same thing to them as they mean to you. Remember that how carefully you write may literally be a matter of life or death--your own.

**AFTER WRITING DOWN YOUR SPECIAL CONDITIONS, IF ANY, YOU SHOULD MARK OUT THE REST OF THE BLANK LINES LEFT ON THE FORM FOR THEM (JUST AS YOU DO AFTER WRITING OUT THE AMOUNT ON A CHECK) TO PREVENT ANY DANGER THAT SOMEBODY OTHER THAN YOU COULD WRITE IN SOMETHING ELSE.**

It is wise to review your Will to Live periodically to ensure that it still gives the directions you want followed.

Robert Powell Center for Medical Ethics  
National Right to Life  
[www.nrlc.org](http://www.nrlc.org) ~ (202) 378-8862

## **How to use the Delaware Will to Live Form SUGGESTIONS AND REQUIREMENTS**

1. This document allows you to appoint a health care agent who will make health care decisions for you whenever you are unable to make them for yourself. It also allows you to give instructions concerning medical treatment decisions that the health care agent must follow. Any competent adult may appoint a health care agent through this document.
2. To properly appoint a health care agent through this document, you must: (1) sign and date this document and (2) have it witnessed by at least two adults. (If you are unable to sign and date the document yourself, you may direct someone to do it for you in your presence.)
3. A witness cannot be related to you by blood, marriage or adoption; be entitled to any portion of your estate under any existing will or operation of law; have a present or “inchoate” (possible future) claim against any portion of your estate; have a direct financial responsibility for your medical care; or be an employee of the hospital or other health care facility in which you are a patient.

**If you are a resident of a sanatorium, rest home, nursing home, boarding home or related institution at the time you execute this document, one of the witnesses must be a person designated as a patient advocate or ombudsperson by the Delaware Department of Health and Social Services.**

4. It is helpful to appoint successor health care agents to take over if your first choice is unable to serve. There is space on the form for you to appoint two successor health care agents.
5. Under current Delaware law, a life-sustaining procedure may not be withheld or withdrawn (no matter what you directed in this document) from a patient known to be pregnant, so long as it is probable that the baby will develop to viability. However, these types of limitation have come under recent attack, with euthanasia proponents claiming these limits are unconstitutional. To provide for the possibility that a court might rule that a patient declaration does have force during pregnancy, directions from the standard Will to Live language for pregnancy have been included in this document. If you are a woman in the child bearing years, you should be aware that the part of the document relating to pregnancy will be effective only if the relevant Delaware law is amended or declared unconstitutional.
6. Your health care agent’s authority takes effect only upon a determination that you lack capacity. When it comes to the providing, withholding or withdrawal of a life-sustaining procedure, this document shall become effective only upon a determination that you lack capacity and have a qualifying condition (Permanently unconscious or a terminal condition).

7. The document will remain in effect until you revoke (cancel) it. You may revoke this document (in whole or in part) or limit your health care agent's authority at any time. The revocation of the document or limitation of your agent's authority may be oral or written, by the destruction of the document by you or at your direction, or in any manner that communicates an intent to revoke done in the presence of 2 competent persons, 1 of whom is a health care provider. Any revocation that is not in writing shall be memorialized in writing and signed and dated by both witnesses. This record shall be made a part of the medical record. An advance health care directive revokes a previously executed advance health care directive to the extent that the two conflict.
8. A decree of annulment, divorce, dissolution of marriage or a filing of a petition for divorce revokes a previous designation of a spouse as an agent unless otherwise specified in the decree or in a power of attorney for health care.
9. You should tell your doctor about this document. Once you have signed this form, it is a good idea to discuss it with your primary care doctor, so that he or she fully understands your wishes. You should also ask your doctor to keep a copy of this document as part of your medical health record.
10. This type of document has been authorized by the Delaware Code Chapter 25, Health-Care Decisions, Del. Code Ann. tit. 16, §§2501 to 2518.
11. If you have any questions regarding the information in this document or want assistance filling it out, please consult an attorney.

For additional copies of the Will to Live, please visit [www.nrlc.org](http://www.nrlc.org)

## Delaware Advance Health Care Directive Will to Live Form

I, (your name) \_\_\_\_\_

(your address) \_\_\_\_\_

\_\_\_\_\_  
(your phone number) \_\_\_\_\_

hereby appoint

(Name of agent) \_\_\_\_\_

(address of agent) \_\_\_\_\_

(phone number(s) of agent) \_\_\_\_\_

as my health care agent to make any health care decisions for me as authorized in this declaration consistent with the instructions below.

If the person I appoint above refuses or is not able to act for me, I appoint the following persons (each to act only and successively, in the order named):

**A. First Successor Agent**

(successor agent's name) \_\_\_\_\_

(successor agent's address) \_\_\_\_\_

\_\_\_\_\_  
(successor agent's phone number) \_\_\_\_\_

**B. Second Successor Agent**

(second successor agent's name) \_\_\_\_\_

(second successor agent's address) \_\_\_\_\_

\_\_\_\_\_  
(second successor agent's phone number) \_\_\_\_\_

as my health care agent to make any health care decisions for me as authorized in this document consistent with the instructions below.

This appointment shall become effective only when, due to a condition resulting from illness or injury, in the judgment of my attending physician I become incapable of making a decision in the exercise of the right to accept or refuse medical treatment.

Any prior appointment and any prior declaration under the Delaware Death with Dignity Act or any prior statement expressing wishes or instructions inconsistent with this document is revoked. In the event that guardianship proceedings are commenced on my behalf, I nominate the above named individuals, (each to act only and successively, in the order named), to be my guardian.

## **GENERAL PRESUMPTION FOR LIFE**

I direct my health care provider(s) and health care agent(s) to make health care decisions consistent with my general desire for the use of medical treatment that would preserve my life, as well as for the use of medical treatment that can cure, improve, reduce or prevent deterioration in, any physical or mental condition.

Food and water are not medical treatment, but basic necessities. I direct my health care provider(s) and health care agent to provide me with food and fluids, orally, intravenously, by tube, or by other means to the full extent necessary both to preserve my life and to assure me the optimal health possible.

I direct that medication to alleviate my pain be provided, as long as the medication is not used in order to cause my death.

I direct that the following be provided:

- the administration of medication;
- cardiopulmonary resuscitation (CPR); and
- the performance of all other medical procedures, techniques, and technologies, including surgery,

–all to the full extent necessary to correct, reverse, or alleviate life-threatening or health impairing conditions or complications arising from those conditions.

I also direct that I be provided basic nursing care and procedures to provide comfort care.

I reject, however, any treatments that use an unborn or newborn child, or any tissue or organ of an unborn or newborn child, who has been subject to an induced abortion. This rejection does not apply to the use of tissues or organs obtained in the course of the removal of an ectopic pregnancy.

I also reject any treatments that use an organ or tissue of another person obtained in a manner that causes, contributes to, or hastens that person's death.

I request and direct that medical treatment and care be provided to me to preserve my life without discrimination based on my age or physical or mental disability or the "quality" of my life. I reject any action or omission that is intended to cause or hasten my death.

I direct my health care provider(s) and health care agent to follow the policy above, even if I am judged to be incompetent.

During the time I am incompetent, my agent, as named above, is authorized to make medical decisions on my behalf, consistent with the above policy, after consultation with my health care provider(s), utilizing the most current diagnoses and/or prognosis of my medical condition, in the following situations with the written special instructions.

**WHEN MY DEATH IS IMMINENT**

A. If I have an incurable terminal illness or injury, and I will die imminently – meaning that a reasonably prudent physician, knowledgeable about the case and the treatment possibilities with respect to the medical conditions involved, would judge that I will live only a week or less even if lifesaving treatment or care is provided to me – the following may be withheld or withdrawn: **(Be as specific as possible; SEE SUGGESTIONS.):**

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(Cross off any remaining blank lines.)

**WHEN I AM TERMINALLY ILL**

B. Final Stage of Terminal Condition. If I have an incurable terminal illness or injury and even though death is not imminent I am in the final stage of that terminal condition – meaning that a reasonably prudent physician, knowledgeable about the case and the treatment possibilities with respect to the medical conditions involved, would judge that I will live only three months or less, even if lifesaving treatment or care is provided to me – the following may be withheld or withdrawn:

**(Be as specific as possible; SEE SUGGESTIONS.):**

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(Cross off any remaining blank lines.)

**C. OTHER SPECIAL CONDITIONS:**

**(Be as specific as possible; SEE SUGGESTIONS.):**

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(Cross off any remaining blank lines.)



**IF I AM PREGNANT**

D. Special Instructions for Pregnancy. If I am pregnant, I direct my health care provider(s) and health care agent(s) to use all lifesaving procedures for myself with none of the above special conditions applying if there is a chance that prolonging my life might allow my child to be born alive. I also direct that lifesaving procedures be used even I am legally determined to be brain dead if there is a chance that doing so might allow my child to be born alive. Except as I specify by writing my signature in the box below, no one is authorized to consent to any procedure for me that would result in the death of my unborn child.

If I am pregnant, and I am not in the final stage of a terminal condition as defined above, medical procedures required to prevent my death are authorized even if they may result in the death of my unborn child provided every possible effort is made to preserve both my life and the life of my unborn child.

\_\_\_\_\_  
Signature of Declarant

Signed this day of \_\_\_\_\_, 20\_\_\_\_.

Signature\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

## Statement of Witnesses

SIGNED AND DECLARED by the above-named declarant as and for the declarant's written declaration under 16 Del.C. §§ 2502, 2503, and 2511 in our presence, who in the declarant's presence, at the declarant's request, and in the presence of each other, have hereunto subscribed our names as witnesses, and state:

A. That the Declarant is mentally competent.

B. That neither of them:

1. Is related to the declarant by blood, marriage or adoption;
2. Is entitled to any portion of the estate of the declarant under any will of the declarant or codicil thereto then existing nor, at the time of the executing of the advance health care directive, is so entitled by operation of law then existing;
3. Has, at the time of the execution of the advance health-care directive, a present or inchoate claim against any portion of the estate of the declarant;
4. Has a direct financial responsibility for the declarant's medical care;
5. Has a controlling interest in or is an operator or an employee of a residential long-term health-care institution in which the declarant is a resident; or
6. Is under eighteen years of age.

C. That if the declarant is a resident of a sanitarium, rest home, nursing home, boarding home or related institution, one of the witnesses, \_\_\_\_\_, is at the time of the execution of the advance health-care directive, a patient advocate or ombudsperson designated by the Department of Health and Social Services.

First Witness \_\_\_\_\_  
(Print name)

Address \_\_\_\_\_  
(City, State, Zip Code)

\_\_\_\_\_  
(Signature of First Witness) (date)

I am not prohibited by § 2503 of Title 16 of the Delaware Code from being a witness.

Second Witness \_\_\_\_\_  
(Print name)

Address \_\_\_\_\_  
(City, State, Zip Code)

\_\_\_\_\_  
(Signature of Second Witness) (date)

I am not prohibited by § 2503 of Title 16 of the Delaware Code from being a witness.