

# What Is an Advance Directive?

An Advance Directive is a legal document that explains how you want medical decisions about you to be made if you cannot make the decisions yourself. An Advance Directive lets your health care team and loved ones know what kind of health care you want, or whom you want to make decisions for you. An Advance Directive can help you think ahead of time about what kind of care you want. It may help guide your loved ones and health care team in making clear decisions about your health care **when you can't do it yourself**.

Advance Directives only apply to health care decisions and do not affect financial or money matters. Talk to your doctor about filling out your Advance Directive while you are still healthy now to prevent you becoming too ill or unable to make medical decisions in the future.

Please give a copy of the Advance Directive to the person who is your trustee and talk everything through with that person. This makes sure that your trustee knows exactly what your wishes are and can represent you accordingly.

There are several possibilities to download up-to-date Advance Directive forms from the Internet. They differ from country to country and should be in your native language.

**Below are two helpful links for those of you that live in Germany:**

[www.afilio.de](http://www.afilio.de)

[www.putz-medizinrecht.de](http://www.putz-medizinrecht.de)