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## *I. Information on selecting a healthcare agent with Durable Power of Attorney (DPOA) for healthcare*


What are my healthcare wishes? It's a big question that requires some big decisions. That's why we created a toolkit to help you establish the best advance care plan for you. These tools guide you through important considerations and aid you in making the best decisions possible so you can feel comfortable about having a conversation with loved ones about your healthcare wishes so everyone is on the same page.



In Nevada, you have the right to make decisions regarding the use of life-sustaining treatment. In some cases, patients are unable to make decisions for themselves, which is why it's important to have a designated healthcare agent also called a proxy with Durable Power of Attorney (DPOA).

A DPOA is a signed, dated and witnessed document naming another person as your "healthcare agent" or "proxy" to make medical decisions for you in the event you are unable to make them yourself. Of course, it's vital to make this decision before an accident, emergency or illness.

How do I choose a healthcare agent? It's always smart to think about choosing a person you trust to make these decisions and who can effectively communicate your wishes regarding treatment goals, procedures, and



all healthcare related matters in the event that you are unable to make these decisions yourself.

Should you decide to appoint a spouse or close family member to act as your healthcare agent, as many people do, keep in mind that they may be required to make difficult decisions regarding your care, such as the initiation or termination of certain care measures.

You may also decide to choose two people to act as either co-agents, where they serve as equals, or successive agents where the second appointed person will act in the event that the first person cannot. This takes some thought and may require a few conversations.



The following questions can help you determine if you've made the best decisions choosing a healthcare agent:

- Is this person an adult (must be at least 18 years old)?
- Do they agree to accept this role?
- Do they have the emotional and mental ability to uphold your wishes even if they conflict with their own?
- Are they able to communicate effectively on your behalf with healthcare providers?
- Do you view them as calm and focused during emotional times and periods of stress?
- Are they willing to withhold or withdraw life-prolonging equipment if this is your choice?

Once you feel you've made the best choice, complete the DPOA paperwork designating this person (or persons) to be your healthcare agent. In the document, feel free to include any specific requests regarding your treatment goals, preferences and wishes.

When the DPOA paperwork is complete, provide a copy to your healthcare agent, family members and healthcare providers. The most current advance directive document may also be sent to the Nevada Living Will Lockbox. More information on the Nevada Living Will Lockbox is provided in Section 6.

You may revoke or change this document at any time. Revocation is done in writing and appropriately signed and dated. Make sure to provide a copy of the new document to your healthcare providers and any other recipients of the original document.