



If you wish to learn more information about the Advance Care Planning Program by CDC, you may approach the assigned nurse.

We provide excellent healthcare services. We are here to help you.

Use the space below to write down your thoughts and preferences.

A large, empty white rectangular box intended for the user to write their thoughts and preferences. It is centered on the purple background of the page.

Adapted from the Ambulatory Care Center.

Advance Care Planning



مركز الأمراض الإنتقالية
Communicable Disease Center

Advance Care Planning

Advance care planning is making decisions about the healthcare you would want to receive if you happen to become unable to speak for yourself.

These are your decisions to make, regardless of what you choose for your care. These decisions are based on your personal values, preferences, and discussions with your loved ones.

Advance Care Planning includes:

- Getting information on the types of life-sustaining treatments that are available.
- Deciding what types of treatment, you would or would not want should you be diagnosed with a life-limiting illness.
- Sharing your personal values with your loved ones.
- Completing advance directives to put into writing what types of treatment you would or would not want – and who you chose to speak for you – should you be unable to speak for yourself.

Your Care, Your Choices: Choosing a Health Care Agent

What does an Agent do?

As a competent adult, 18 years old and older, you have the right to direct your own health care decisions. However, serious accidents and illness can happen at any age, where you may not be able to make decisions about your care, even for a short while.

You can choose a trusted person, called a 'Health Care Agent' or 'Agent', who can step in to help you get the care you want. Your Agent is your advocate with the legal power to talk to your care providers to get you the best possible care that matches your values and choices, all through your lifetime.

Whom can you choose?

Your Agent can be a family member, friend, co-worker, faith or community group member — anyone you trust except a person employed in the facility where you are a patient unless related to you by blood, marriage or adoption.

What does your Health Care Agent (Legal Guardian/Representative) do?

Your Agent is your advocate, tells your family, and care providers what is important to you and your instructions for care. Your Agent makes decisions based on your values, beliefs and the care you want not what the Agent might want. You give your Agent the power to make 'any and all' decisions including life-sustaining treatments decisions or limit the Agent's powers in a Health Care Proxy.

When does your Agent 'Steps-in' to make decisions?

In the event of a serious illness or injury and your physician determines that you are unfit to make care decisions for yourself, your Agent can 'step in', even for a short while on your behalf.

When does your Agent 'Steps-back' to make decisions?

If you regain your ability to make your own decisions, your Agent 'steps back' and no longer has decision-making powers. Your Agent is there for you all through your life.

How does your Agent make decisions for you?

Your Agent first consults with your care providers about your medical condition and the benefits and risks of possible treatment options. Your Agent then makes the decision in accordance with his/her assessment of your values, beliefs, and care choices. If your choices are unknown, your Agent assesses what is in your best interest.

What kind of decisions might an Agent make?

An Agent makes the decision to help care providers match the best care at every phase of your health according to your values and choices.

For instance, when you are:

- Young and healthy, an Agent may consider care goals that get you back to your life.
- Managing illness, an Agent may consider 'quality of life' care goals and your priorities if your illness progresses.
- Coping with serious illness and end of life care, an Agent may consider your care goals and tradeoffs you are willing.

What should you talk about with your Agent?

Tell your Agent what are important to you and give instructions for the kind of care you want and do not want. When talking with your Agent, try to write down your care choices.

What are your rights?

You have the right to refuse to assign an advance care plan, sign an 'Advance Directive' and/or assign a 'Legal Guardian/Legal Representative'.

You may revoke or change the provisions of the Advance Directive at any time.

What is Hamad Medical Corporation's (HMC) Policy on Patient Rights and Legal Conflict?

HMC shall make every effort to abide by the Advance Directives for patients. However, if these wishes conflict with religious or cultural practices, HMC shall try to resolve this conflict by working collaboratively with staff, physicians, and the Ethics Committee of the facility or Corporate Ethics Committee.