



ADVANCED CARE PLANNING WITH AFM

- Discussing and documenting end of life wishes when you are relatively healthy and young can help decrease stress, anxiety and added grief for family members down the road. Having a documented advance care plan opens the door to difficult conversations later on about end of life care.
- After completing documents, make sure you share copies with your family and provider's office. You may also take pictures of the documents on your cell phone.
- There are four important documents, Medical Power of Attorney, Living Will, Colorado MOST and Colorado CPR directive. Any or all of these can be filled out. If you complete more than one form, make sure they are all consistent with one another.
- These forms can be updated and changed at any time.
- To learn more about advance directives, and the importance of these conversations, view this video created through our clinical affiliation with UCHealth.
- [VIDEO HERE](#)

Medical Power of Attorney

- Your appointed agent will only make MEDICAL decisions on your behalf when you are NOT able to make them for yourself. A Medical Power of Attorney is not authorized to handle finances or other legal issues.
- When picking an agent, it is best to choose a family member or close friend whom you trust to carry out and honor your personal wishes. Your appointed agent will also need to have the time to devote to your care.
- You DO NOT need this form to be notarized, witnessed or signed by a provider. You also do not need a lawyer to complete this form. If the form is notarized, it is more easily transferable out of state.
- If you only complete one form, make it this one. Having a medical power of attorney will ensure you have someone to speak on your behalf if you are not able to.
- [LINK TO MEDICAL POWER OF ATTORNEY FORM](#)

Living Will

- In the state of Colorado, two doctors must confirm that your condition is terminal or that you are in a persistent vegetative state before your living will goes into effect.
- You DO NOT need a lawyer or medical provider to sign this form. You can choose to have it notarized for out of state transferability, but it is not required.
- You DO need to have two witnesses sign the form. Witnesses CANNOT be a family member or anyone who might inherit your money or property when you die. Witnesses CANNOT work for a healthcare facility where you receive your medical care.
- [LINK TO LIVING WILL](#)

Colorado MOST Form

- Complete the MOST form with your provider when you have a chronic illness, terminal diagnosis or are living in a nursing facility. This form is a medical order and needs to be signed by your provider.
- The Colorado MOST form is a document that summarizes your wishes for life sustaining treatment. It should be consistent with any other past or current documents on file.
- The MOST form is intended to be regularly reviewed, updated and confirmed based on your current health status.
- Please call your office to reach out to an AFM Care Coordinator to complete a MOST form or learn more.

Colorado CPR Directive

- To be completed if you have decided that you DO NOT want Cardio-Pulmonary Resuscitation (CPR) in the event that your heart stops or you are no longer breathing. This form needs to be signed by both you and your provider.
- It is recommended that if you complete this form that you also order a DNR (do not resuscitate) bracelet or necklace.
- Please call your office to reach out to an AFM Care Coordinator to complete a CPR Directive or learn more.

If you have additional questions or would like to talk further about advance care planning, please reach out to an AFM care coordinator