

What to Know About Healthcare Power of Attorney

Your Values, Goals, and Voice Matter. If you are over the age of 18, it is important to have a **Healthcare Power of Attorney (HPOA)** to better manage any sudden accident or change in your medical condition.

An HPOA is a legal document that lets you choose someone you trust to be your **medical decision-maker** in case you cannot speak for yourself.

Your **medical decision-maker acts as your agent** who knows your personal values and choices about your medical care.

Having a HPOA is a gift to your loved ones who may have a hard time in a medical emergency to make choices about your care. It is a way to make sure you get the care you want, even when someone has to make medical decisions for you.

The easiest time to talk about your medical care wishes is before illness or injury, when you have time to think and talk with those you trust. **Choose a medical decision-maker who:**

- Is at least 18 years old
- Can honor your wishes
- You trust to follow your wishes, even if different from theirs
- Works well under pressure
- Knows the care you want



Steps to Making a Healthcare Power of Attorney

1. **Choose a medical decision-maker.** (Anyone over 18)
2. **Think about your values** for medical decisions and talk to your medical decision-maker about your wishes.
3. **Complete and sign the Healthcare Power of Attorney Form (HPOA).** Ask one person who is not your medical decision-maker or a member of your health care team to sign the form as your witness.
4. **Share a copy of your HPOA form** with your medical decision-maker and your health care team at your next medical appointment.
5. **Keep your HPOA form** in a place where it can be found in case of an emergency.
6. **Look over your HPOA form** and keep it up to date.



For More Information and Resources

UChicago Medicine Advance Care Planning Guide and Forms

www.uchicagomedicine.org/advancecareplanning

Visit our website or ask your healthcare team for HPOA information.

You can access resources and upload your HPOA on MyChart.

