

make all your health care decisions or only certain ones. Whoever it is, be sure it is someone you trust to carry out your wishes. You should also consider naming a proxy who lives close to you. If you are terminally ill and unable to make decisions, your proxy might have to spend a great deal of time nearby to see that your wishes are followed.

2) A Living Will serves as a written declaration of your health care wishes when you cannot communicate them personally. It explains your health care preferences and instructs your doctor about your end-of-life decisions. You may say something as simple as, "I prefer that all care be directed at comfort and that life-supportive treatments not be used." Or, you may want to be more precise and describe the medical situations in which you would accept or refuse medical treatment. For example, **do not resuscitate** order (DNR) makes clear that you do not wish to have cardiopulmonary resuscitation (CPR) to restart your heart and lungs.

(NOTE: A Living Will is not used to name a proxy. You must name your proxy in a separate document—see Health Care Proxy above.)