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## HEALTHCARE PROXY INSTRUCTIONS

If you have not previously signed a healthcare proxy, you should assign someone to that role. Naming a proxy assigns your right to make decisions for yourself to another person when you are not able to express them yourself.

Naming a person as a proxy is very important because:

- Your proxy directs your physician, your hospitals and your home care agency about the person to communicate with if you ever cannot speak for yourself.
- Your proxy follows your directions if you become unable to make decisions for yourself.
- Your proxy is the New York State legal representative to make decisions for you about resuscitation, nutrition, or hydration.
- Your proxy helps you to avoid the stringent legal policies for those without a named proxy, which can result in procedures being performed without your permission.
- The major benefit of naming a proxy is being assured of having your wishes met in the future, if you are unable to make decisions.

A healthcare proxy is simple to complete:

- Two witnesses are required.
- The person named as proxy CANNOT be a witness.

Once completed, make at least two copies:

- Keep the original.
- Give a copy to your Primary Care Physician.
- Give a copy to your proxy.