



## **Advance Directives Resources**

### **About Advance Directives**

Federal regulations define an advance directive as a written instruction, such as a living will or durable power of attorney for health care, recognized under state law (whether statutory or as recognized by the courts of the state), relating to the individual's wishes regarding the provision of health care when the individual is incapacitated.

### **Advance Directives for Health and Mental Health Care**

These are documents the individual creates that appoint someone else to make health care or mental health care decisions in the event the individual becomes incapacitated or incapable of making treatment decisions. The instructions provided in the documents are followed should an individual become unable to express his/her wishes.

### **What to do with Advance Directives**

Advance directives are documents signed by a competent person giving direction to health care providers about treatment choices in certain circumstances. By creating an advance directive, the individual remains in control of health care decisions since these wishes were written down in advance. If the individual is no longer able to make decisions, doctors and other health care providers are legally obligated to follow the patient's wishes outlined in the advance directive.

### **Local Resources for Creating Advance Directives**

Recovery Innovation of Arizona provides a peer support specialist who teaches mental health care power of attorney classes. Please contact:

Recovery Innovation of Arizona  
2701 N. 16<sup>th</sup> Street, Suite 316  
Phoenix, AZ 85006  
(602-636-4609)

### **Web Sites Providing Advance Directive Information**

- [The Governor's Council on Developmental Disabilities](#); click on Legal Options Manual.
- [The Arizona Secretary of State](#); click on Advance Directives.
- [Health Care Decisions](#).

### **Request a Video, Advance Directive Documents and Instructions or Other Materials**

- Health Care Decisions, (602) 222-2229 or <http://www.hcdecisions.org/RequestMaterials.asp>.
- Office of Arizona Attorney General Life Care Planning Materials and Video (602) 542-2124 or [Arizona Attorney General Terry Goddard](#)

Magellan Health Services of Arizona, Inc. is the Regional Behavioral Health Authority for Maricopa County, funds for services are provided through a contract with Arizona Department of Health Services/Division of Behavioral Health and AHCCCS.