

**STUDENT HEALTH AND COUNSELING SERVICES
CALIFORNIA STATE UNIVERSITY, EAST BAY
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What is an Advance Directive?

An "advance directive" is a legal document that allows you to spell out your wishes for your end-of-life care ahead of time. For example, what if you were in an accident and injured so badly that you had to rely on machines to help you breathe and stay live? Since you wouldn't be able to talk or communicate, how would your doctors or family know whether you would want to stay on the machines or be taken off? That's where your advance directive comes in. This document clearly outlines your wishes for your end-of-life care to avoid any confusion amongst your doctors, family, and friends.

In California, advance directives are the legally recognized format for "living wills." An advance directive also allows you to appoint a health care "agent" who will have legal authority to make health care decisions on your behalf in the event that you are incapacitated and unable to communicate your wishes yourself.

Why should I complete an advance directive?

If you have an advance directive that clearly outlines your wishes for your end-of-life care, you can spare your family and friends from having to make difficult medical care decisions on your behalf during a stressful and emotional time.

Though most students at CSUEB are young and healthy, some have chronic medical conditions that may warrant an advance directive, such as cancer or another life-threatening disease. Additionally, though rare, an acute illness or accident cause you to be incapacitated.

Where can I get more information?

- [State of California Department of Justice Office of the Attorney General:
https://oag.ca.gov/consumers/general/care#advance](https://oag.ca.gov/consumers/general/care#advance)
- [California Medical Association:
https://oag.ca.gov/consumers/general/care#advance](https://oag.ca.gov/consumers/general/care#advance)
- [Advance Directive - WebMD:
https://www.webmd.com/a-to-z-guides/features/preparing-advance-directive](https://www.webmd.com/a-to-z-guides/features/preparing-advance-directive)
- [Prepare for Your Care
https://prepareforyourcare.org/welcome](https://prepareforyourcare.org/welcome)