

## **Suggestions to users of AQDMD forms**

1. Renew your end-of-life advanced directives (living will) every five years. You can modify or cancel it at any time as long as you are able to do so.
2. Have two witnesses co-sign your original living will form.
3. Print and file a number of copies of your living will, and give one or more copies to the authorized representative(s) who has/have accepted to act according to your stated directives in the event of your incapacitation.
4. Give a copy as well to your partner, a family member or a close friend.
5. Advise your close friends and family about the contents of your living will.
6. Keep a copy of your living will close at hand.
7. Give a copy to your family doctor or attending physician and talk to him/her about your end-of-life directives and issues.
8. If you are hospitalized, give a copy of your living will to the admitting hospital personnel and ask that it be added to your medical file.
9. In the event of a surgical procedure performed under general anesthesia, talk to the surgeon and the anesthetist about your end-of-life directives and issues should unforeseen complications arise.
10. If you are an AQDMD member, always carry your signed membership card on your person. This precaution is important in case of a serious accident, heart attack, loss of consciousness or other similar events.