

## 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 that 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 or 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, Arizona 85006  
602-650-1212 or 866-481-5361

### Web Sites Providing Advance Directive Information

- [Arizona Developmental Disabilities Planning Council](#); click on Resources & Links and go to other resources for the Legal Options Guide
- [The Arizona Secretary of State](#); click on Advance Directives
- [Arizona Attorney General's Office](#); click on Life Care Planning

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

- Health Care Decisions 602-530-6900 or [http://www.hov.org/health\\_care\\_decisions.aspx](http://www.hov.org/health_care_decisions.aspx)
- Arizona Attorney General's Office at 602-542-1610 or [http://www.azag.gov/life\\_care/](http://www.azag.gov/life_care/)

Mercy Care RBHA is the Regional Behavioral Health Authority for Maricopa County, funds for services are provided through as contract with Arizona Department of Health Services/Division of Behavioral Health.