

CHOOSING A HEALTH CARE REPRESENTATIVE

1. **Connecticut state law does not allow the following people to be a health care representative:**

- Anyone under the age of 18;
- Doctors treating the person making the appointment and their employees;
- An owner, operator, administrator, or employee of an inpatient or community health care facility or agency treating the person making the appointment.

Health care workers can be a health care representative or alternate only if they are the spouse, adult child, brother or sister of the person making the appointment.



2. **Before appointing health care representatives and alternates it is important to:**

- Discuss the Advance Directive for Health Care document and how to use it;
- Discuss treatment preferences and answer questions about them;
- Discuss any concerns about being a health care representative. **Do not push!**

3. **Person appointed must:**

- Understand the Advance Directive for Health Care document;
- Follow the decisions in the advance directive and respect treatment preferences;
- Be accessible and easy to contact;
- Interact effectively with treatment providers.
- Notify the person making the appointment if he/she is no longer able to serve.

REMEMBER!!

An Advance Directive can document your preferences even if you do not appoint a health care representative.

4. **After an Advance Directive is completed, and a health care representative (and alternate) is appointed, it is necessary to:**

- Give copies to the health care representative, alternate health care representative, and treatment providers;
- Make sure the health care representative and alternate health care representative are familiar with the health care providers and the decisions in the document.
- Try to assure medical providers are aware there is an advance directive by carrying a wallet card with contact information.
- Review and update the advance directive and release annually and discuss changes with the health care representative.



WHAT IS A HEALTH CARE REPRESENTATIVE?

- A health care representative is appointed in an advance directive to carry out health care decisions of the person making the appointment if that person becomes incapable of giving informed consent to medical treatment.
- Health care representatives must carry out the health care decisions documented in the advance directive or made known to them, not substitute their own judgment.



For more assistance contact
Connecticut Legal Rights
Project, Inc.
Toll Free 1-877-402-2299
TTY 860-262-5066
www.clrp.org

Connecticut Legal Rights Project, Inc., is a statewide non-profit agency which provides legal services to low income persons with mental health conditions, who reside in hospitals or the community, on matters related to their treatment, recovery, and civil rights.

This flyer provides general information, not legal advice. For answers to specific individual questions, call CLRP.

Advance Directives Flyers

Basics of Advance Directives for Health Care
Choosing A Health Care Representative
How To Be An Effective Health Care Representative

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ADVANCE DIRECTIVES FOR HEALTH CARE

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Advance directives can protect personal preferences for medical care

LEGAL REPRESENTATION FOR PEOPLE WITH MENTAL HEALTH CONDITIONS