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| What are the different forms of Advanced Healthcare Directives?  * Short Form Advanced Healthcare Directives * Long Form Advanced Healthcare Directives * North Dakota POLST is a Physician Orders for Life Sustaining Treatment   **Return these completed forms to Tioga Medical Center for magnetized envelope to hold your documents on the refrigerator in the case of an emergency. Please retain a copy with your other important documents.** | Tioga Medical Center 810 N Welo Street  **\_\_\_**  PO Box 159  **\_\_\_**  Tioga, ND 58852  **\_\_\_**  Phone: 701.664.3305  **\_\_\_**  Fax: 701.664.4975  **\_\_\_**  www.tiogahealth.org | Copy of logo  Advanced Medical Directives |
|  |  | Phone: 701.664.3305 |

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| What are Advanced Healthcare Directives? An Advanced Healthcare Directive allows you to document and communicate your decisions to those who need to know.  It also allows you the option to select someone you can trust to make decisions on your behalf when you are unable to do so. Who should prepare an Advanced Healthcare Directive? Everyone should have an Advanced Healthcare Directive, especially those people living with a terminal condition.  This allows your families and significant others the opportunity to carry out your decisions which affect your care. It eliminates additional decision making stress. | Short and Long Form Advanced Healthcare Directives  * The short form is a brief listing of choices and more commonly used. * The long form is a more in-depth and detailed listing of the patient’s wishes and preferences.  North Dakota POLST  * Complete a North Dakota POLST: Physician Orders for Life Sustaining Treatment * The goal of POLST is to effectively communicate the wishes of patients facing serious illness or end of life: to have OR to limit medical treatment as they move from one care setting to another. * This is a standardized form that can be used throughout North Dakota and many other states * The POLST is to be used in conjunction with your advanced directives * After you have completed the POLST and your medical provider has signed it remember to provide a copy to all of your medical care facilities | Where can these forms be accessed?  * All of these forms are on display at the Tioga Medical Center and the outreach clinics in both Ray and Powers Lake. * The short and long form Advanced Healthcare Directives can also be found at <https://www.honoringchoicesnd.org/directives/> * The North Dakota POLST form can also be found at <https://www.honoringchoicesnd.org/polst/>  Who has to witness an Advanced Healthcare Directive?North Dakota requires a notary or two adult witnesses.Disclaimer The materials available on this brochure are for informational purposes only and not for the purpose of providing legal advice. You should contact your attorney to obtain advice with respect to any particular personal issue or problem related to Advanced Care Planning. |