

## **Pogled u budućnost Looking Ahead to the Future**

Svi ljudi dožive bolest i jednog dana ćete morati donijeti važne odluke o vašoj zdravstvenoj njezi. To je vaše pravo i vaša odgovornost da donesete odluke o prihvatanju ili odbijanju medicinskog ili hirurškog liječenja. Prema tome, vrlo je bitno unaprijed planirati, te razmotriti moguće odluke koje se tiču vašeg zdravlja s kojima se možete suočiti u budućnosti.

All people experience sickness, and one day you will have to make important decisions about your health care. It is your right and your responsibility to make decisions to accept or to refuse medical or surgical treatments. Thus, it is important to look ahead and to consider the possible health-related decisions you may face in the future.

Preporučuje se da razgovarate o takvim odlukama sa vašom porodicom, voljenima i doktorom(ima), tako da oni mogu da prenesu vaše želje u vaše ime, u slučaju da vi niste u stanju da saopštite iste. Također možete, pomoću

Durable Power of Attorney\* da osigurate ispunjenje vaših želja o pitanjima zdravstvene njege, ili pomoću Living Will†.

It is advisable to discuss your views about such decisions with your family, loved ones and physician(s) so that others can make those wishes known on your behalf should you become unable to communicate. You can also help reassure your wishes are carried out by appointing a Durable Power of Attorney for health care matters or through a Living Will.

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\* Trajna punomoć  
† Želje o življenju

## **S kakvim odlukama se možete susresti? What Kinds of Decisions Might You Face?**

Slijedeća pitanja treba uzeti u obzir pri planiranju potreba zdravstvene njege.

Following are some questions that should be considered in planning your future health care needs.

- U slučaju trajnog oštećenja ili neizlječive bolesti, da li ja želim da mi se život produži vještačkim metodama, kao što su respirator, ili hranjenje pomoću cjevčice?
- In the event of irreversible and incurable illness, would I want my life prolonged by artificial means, such as a ventilator or feeding tube?
- U kom trenutku bih želio (željela) da zaustavim takve mjere?
- At what point would I want such measures stopped?
- Kada bih bolovao (bolovala) od neizlječive bolesti i moje srce i/ili

disanje se zaustavi, da li ja želim da se poduzmu napori oživljavanja?

- If I were suffering from a terminal illness and my heart and/or breathing stopped, would I want resuscitation efforts undertaken?
- S kakvim naporom želim da me doktor održava u životu?
- How aggressive would I want my doctor to be trying to keep me alive?
- Koga ja želim izabrati da donosi odluke, u slučaju da ja nisam u stanju da ih sam (sama) donosim?
- Whom do I wish to make decisions for me if I am unable to do so?

## **Pomoć pri donošenju odluka Help In Making Decisions**

Razmišljajući o ovim i drugim teškim pitanjima o zdravstvenoj njezi, bilo bi korisno da čujete mišljenje vašeg (vaših) doktora, medicinske sestre i/ili drugih zdravstvenih radnika. Oni vam mogu pomoći da bolje shvatite raspoložive tretmane/terapije, te posljedice vaše(v vaših) odluke(a) o upotrebi ili odbijanju takvih tretmana i terapija.

In thinking about these and other difficult health care questions, it is helpful to obtain input from your physician(s), a nurse and/or other health care professionals. They can help you better understand available treatments/therapies and the effects of your decision(s) about the use or non-use of such treatments and therapies.

Dodatnu pomoć pri suočavanju sa ovim pitanjima, možete dobiti od vašeg sveštenika, ministra, rabina ili duhovnog vođe. Oni vam mogu pomoći da shvatite vašu ulogu kod procjenjivanja mogućih prednosti i tereta tretmana i terapija za

produživanje života, u svjetlu vaših vlastitih životnih vrijednosti, te ciljeva u životu.

Additional help in dealing with these questions can be gained by talking with your priest, minister, rabbi or spiritual provider. They can also help you understand your role in evaluating the possible benefits and burdens of life-prolonging treatments and therapies in light of your own values and goals in life.

## Tri koraka koja treba poduzeti Three Steps To Follow

**Prvo:** Morate biti što iskreniji o vrijednostima koje utiču na vaše odluke po pitanjima zdravstvene njege. Sa te osnove, možete odrediti koji tretmani ili terapije želite da se poduzmu u različitim okolnostima. Ovo se najčešće ostvari kroz razgovor(e) sa vašim doktorom(ima), članovima porodice, bliskim prijateljima, te vašim ministrom, sveštenikom, rabinom, ili duhovnim vođom.

**First:** You must be as clear as possible about the values that influence your decisions in health care matters. From that basis, you can determine which treatments or therapies you would want undertaken in various situations. This is usually accomplished through discussion(s) with your physician(s), family members, close friends and your minister, priest, rabbi or spiritual provider. This step of the process is crucial and helps assure that your decisions are a reflection of your values and beliefs.

**Drugo:** Trebate dokumentirati vaše želje jasno i specifično. Dok se to može ostavariti u nekoliko pismenih oblika,

vrlo je važno da zapamtite da cilj takvog dokumenta jeste da pomogne drugima pri donošenju odluka o vašoj zdravstvenoj njezi, ako vi niste u stanju da te odluke sami donosite. Vi možete da odredite **Durable Power of Attorney**<sup>‡</sup> za pitanja zdravstvene njege. Osoba koju vi odredite ima autoritet da donosi odluke o zdravstvenoj njezi u vaše ime, ako vi niste u stanju da to sami uradite. Osoba koju izaberete, treba biti neko kome vjerujete i ko ima jasno razumijevanje vaših želja i vrijednosti. To ne mora biti član vaše porodice Osoba koju izaberete će biti osoba s kojom će vaši doktori i drugi diskutovati o vašoj zdravstvenoj njezi u slučaju da vi niste u stanju da to sami uradite. U Missouri-ju, vrlo je bitno da ste, kada pišete Durable Power of Attorney<sup>§</sup>, specifični o vašim željama o upotrebi vještačke metode hranjenja (hrana i tekućine).

**Second:** You should document your wishes as clearly and specifically as possible. While this may be done in a couple of written formats, it is important to remember that the goal of such a document is to assist others in making decisions about your care if you are unable to do so. You may

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<sup>‡</sup> Trajna punomoć

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appoint a **Durable Power of Attorney** for health care matters. The person you name has the power to make health care decisions for you if you are unable to do this by yourself. The person you choose should be someone you trust and who has a clear understanding of your values and wishes. It does not have to be a member of your family. The person you choose will be the person with whom your doctors and others discuss your medical care in the event that you are unable to do so. In Missouri, it is important for you to be specific in your written Durable Power of Attorney about your wishes regarding the use of artificially supplied food and liquids.

Možete, također, napisati vaše želje u **Living Will**<sup>\*\*</sup>. To je pravno obavezujuće u uskom skupu okolnosti koje okružuju neizlječivu bolest. Bez obzira na zakonska ograničenja, to je efikasno uputstvo za voljene i za osoblje koje pruža njegu da se obezbijedi da će se vaše želje pratiti tokom ozbiljne bolesti.

You may also write your wishes in a **Living Will**. It is legally binding in a

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<sup>\*\*</sup> Želje o življenju

narrow set of circumstances surrounding terminal illness. Regardless of its legal limitations, it is an effective guide for loved ones and caregivers in assuring that your wishes are followed during a serious illness.

**Konačno:** Vaše želje i dokument(i) trebaju biti podijeljeni svakome ko će, vjerovatno, biti uključen u donošenju odluka o vašoj njezi. To može uključiti vašu porodicu, doktora(e), i/ili duhovnog vođu. Ako ste na bolničkom tretmanu, ponesite sa sobom kopiju da imate u vašoj zdravstvenoj arhivi.

**Finally:** Your wishes and the document(s) should be given to everyone who is likely to be involved in making decisions about your care. This may include your family, physician(s) and/or spiritual provider. If you are hospitalized, bring along a copy for your medical records.

**Za dodatne informacije, molimo vas da popričate sa osobljem koje vam pruža zdravstvenu njegu. Oni će vam pomoći, ili će vas uputiti na prikladnije izvore.**

**For additional information, please talk with your health care provider.**

**They will assist you or direct you to more appropriate resources.**

# Advance Directive Information