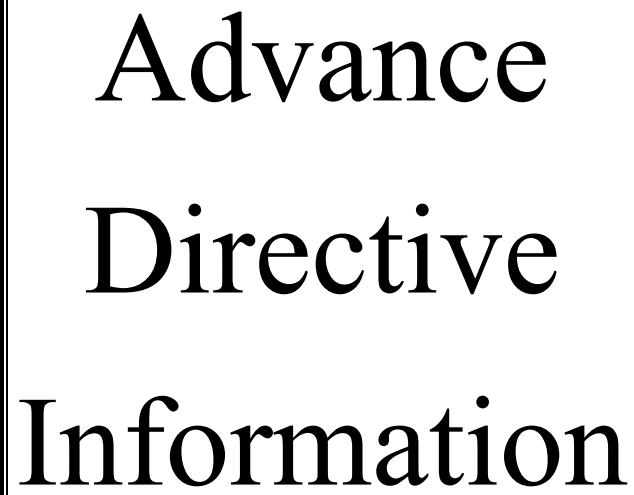


進一步詳細指導的資訊



Advance  
Directive  
Information

## 為未來作準備


### Looking Ahead to the Future

所有人會經歷生病；並且有一天您將會必須為自己的健康照顧作出重要的決定。決定接受或拒絕接受內科或外科治療，這是您的權利與您的責任。因此，面對且認真考慮您未來可能面臨的健康上相關的決定是相當重要的。

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.

和您的家人、所愛的人與醫師們討論您做決定的觀點是值得推薦的；萬一您無法溝通，其他的人可以使您這些願望被明白；您也可以幫助確定對健康照顧事務的願望藉著法律代理人或透過生存遺囑而執行之。

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.



### 您可能面對的抉擇？

#### What Kinds of Decisions Might You Face?

以下問題是您計畫未來健康照顧應該考慮的：

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

- 若我的病情無法復原和無法治癒時，我想要藉著人工方式，如 呼吸器、餵食管（管哺餵）的方式來延續生命嗎？

- In the event of irreversible and incurable illness, would I want my life prolonged


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by artificial means, such as a ventilator or feeding tube?

- 我想在什麼時機停止使用措施?
- At what point would I want such measures stopped?
- 假若我在疾病末期、並且心臟和(或)呼吸停止時，我是否想要接受人工復甦術?
- If I were suffering from a terminal illness and my heart and/or breathing stopped, would I want resuscitation efforts undertaken?
- 我是否想要醫師作何種程度的措施來維持我的生命?
- How aggressive would I want my doctor to be trying to keep me alive?
- 假若當我無法作決定，我期望誰替我作決定?
- Whom do I wish to make decisions for me if I am unable to do so?



## 幫助作決擇

### Help In Making Decisions

從醫師(們)、護士、和(或)其他醫療相關人員提供的意見是有助於您思考有關於這些困難的健康照顧的問題。他們可以幫助您更理解治療/措施的可行性和您有關抉擇使用或不使用該治療和措施的影響。

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.

另外的幫助可藉著與您的神父、牧師、拉比(猶太的律法師)或牧靈者共同討論以處理這些問題。他們也可以幫助您依照您人生的價值觀與目標來評估延續生命的治療和措施的可能的利與弊。

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.

## 遵從的三個步驟

### Three Steps To Follow

**第一步驟：**您必須要儘可能的清楚知道有關於影響您在健康照顧事務的價值觀。依照此基礎，在任何情境下您都可以決定那一種治療或措施是您所想要的。通常透過與醫師（們）、家人、親近的朋友、和牧師、神父、拉比或靈者共同討論下可完成決定。這一步驟的過程是關鍵的，並且幫助確保您的醫療決擇是反應出您個人的價值觀與信仰。

**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.

**第二步驟：**您應該儘可能清楚且詳細地紀錄您對醫療決定的期望。這可能用兩份書寫文件交代完成，以便記得在您不能作醫療決定的時候，其他人可以依此文件協助您作決定是重要的。

**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.

您可以提供一份**持久授權書**以作為醫療照顧之相關事務。該指定的人假若您無法作醫療決定，有權為您作健康決擇。您選擇的人應該是您信任而且清楚了解您個人的價值觀與願望的人，此人不一定是您的家人。

You may 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.



在您無法作決定的情況下，您所選擇的人將會是和您的醫師和其它人討論您的醫療照顧。在密蘇里州 (Missouri)，特定的在你的書面的持久授權書中有關您對人工呼吸器使用與人工餵食的醫療決擇的願望對你而言是重要的。

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

您也可以**在生存遺囑**中寫下您的願望。在疾病末期的特別環境下它是合法的，儘管它有法律上的局限性，但它可以提供一個您所愛的人和照顧者以確保您的願望在重病期間被遵守的一個有效的準則。

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

**最後：**您的願望與文件應該給予每一個參與有關您的醫療照顧決定的人。這可能包括您的家人、醫師(們)、和/或牧靈者。如果您在住院，請攜帶一份文件以作為您的病例紀錄檔案。

**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.

若需要其他的資訊，請告知您的健康照護提供者，他們將會幫助您或指引您更多合適的資源。

**For additional information, please talk with your health care provider. They will assist you or direct you to more appropriate resources.**