

# ~ Alaska ~

## Advance Health Care Directive Christian Version

### NOTICE TO PERSON MAKING THIS DOCUMENT

You have the right to make decisions about your health care. No health care may be given to you over your objection, and necessary health care may not be stopped or withheld if you object.

Because your health care providers in some cases may not have had the opportunity to establish a long-term relationship with you, they are often unfamiliar with your beliefs and values and the details of your family relationships. This poses a problem if you become physically or mentally unable to make decisions about your health care.

In order to avoid this problem, you may sign this legal document to specify the person whom you want to make health care decisions for you if you are unable to participate in medical treatment decisions and make those decisions personally. That person is known as your health care agent. You should take some time to discuss your thoughts and beliefs about medical treatment with the person or persons whom you have specified. You may state in this document any types of health care that you do or do not desire, and you may limit the authority of your health care agent. If your health care agent is unaware of your desires with respect to a particular health care decision, he or she is required to determine what would be in your best interests in making the decision.

This is an important legal document. It gives your agent broad powers to make health care decisions for you. It revokes any prior advance health care directive that you may have made. If you wish to change your Advance Health Care Directive, you may revoke this document at any time by destroying it, by directing another person to destroy it in your presence, by signing a written and dated statement, or by stating that it is revoked in the presence of two witnesses. If you revoke, you should notify your agent, your health care provider(s), and any other person(s) to whom you have given a copy. If your agent is your spouse and your marriage is annulled or you are divorced after signing this document, the document is invalid.

You may also use this document to make or refuse to make an anatomical gift upon your death. If you use this document to make or refuse to make an anatomical gift, this document revokes any prior document of gift that you may have made. You may revoke or change any anatomical gift that you make by this document by crossing out the anatomical gift provision in this document.

Do not sign this document unless you clearly understand it. It is suggested that you keep the original of this document with your personal papers where it can be easily accessed by your health care agent, close family, or friends, if needed.

# STATE OF ALASKA ADVANCE HEALTH CARE DIRECTIVE

Written in accordance with Alaska § 13.52.300

Document made this \_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.  
Month Year

## CREATION OF ADVANCE HEALTH CARE DIRECTIVE

I, \_\_\_\_\_, \_\_\_\_\_,  
Print full legal name Address

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_, being of sound mind, intend by this document to create an Advance Health Care Directive.  
Date of birth

My executing this Advance Health Care Directive is voluntary. Despite the creation of this Advance Health Care Directive, I expect to be fully informed about and allowed to participate in any health care decision for me, to the extent that I am able. For the purposes of this document, "health care decision" means an informed decision to accept, maintain, discontinue, or refuse any care, treatment, service, or procedure to maintain, diagnose, or treat my physical or mental condition.

In addition, I may, by this document, specify my wishes with respect to making an anatomical gift upon my death.

## DESIGNATION OF HEALTH CARE AGENT

If I am no longer able to make health care decisions for myself, due to my incapacity, I hereby designate

\_\_\_\_\_, \_\_\_\_\_,  
Health care agent Address

( \_\_\_\_\_ ) \_\_\_\_\_, to be my health care agent for the purpose of making health care decisions on my behalf.  
Phone

If he or she is ever unable or unwilling to do so, I hereby designate \_\_\_\_\_,  
Alternate health care agent

\_\_\_\_\_, ( \_\_\_\_\_ ) \_\_\_\_\_, to be my alternate health  
Address Phone

care agent for the purpose of making health care decisions on my behalf. Neither my health care agent nor my alternate health care agent whom I have designated, is my health care provider, an employee of my health care provider, an employee of a health care facility in which I am a patient or a spouse of any of those persons, unless he or she is also my relative. For purposes of this document, "incapacity" exists if two (2) physicians or a physician and a psychologist who have personally examined me sign a statement that specifically expresses their opinion that I have a condition that means that I am unable to receive and evaluate information effectively or to communicate decisions to such an extent that I lack the capacity to manage my health care decisions. A copy of that statement must be attached to this document.

## GENERAL STATEMENT OF AUTHORITY GRANTED

Unless I have specified otherwise in this document, if I ever have incapacity I instruct my health care provider to obtain the health care decision of my health care agent, if I need treatment, for all of my health care and treatment. I have discussed my desires thoroughly with my health care agent and believe that he or she understands any philosophy regarding the health care decisions I would make if I were able. I desire that my wishes be carried out through the authority given to my health care agent under this document.

If I am unable, due to my incapacity, to participate in making a health care decision, my health care agent is instructed to make the health care decision for me, but my health care agent should try to discuss with me any specific proposed health care if I am able to communicate in any manner, including by blinking my eyes. If this communication cannot be made, my health care agent shall base his or her decision on any health care choices that I have expressed prior to the time of the decision. If I have not expressed a health care choice about the health care in question and communication cannot be made, my health care agent shall base his or her health care decision on what he or she believes to be in my best interest.

## LIMITATIONS ON MENTAL HEALTH TREATMENT

My health care agent may not admit or commit me on an inpatient basis to an institution for mental diseases, a state treatment facility, or a treatment facility. My health care agent may not consent to experimental mental health research or psychosurgery, electroconvulsive treatment, or drastic mental health treatment procedures for me.

## ADMISSION TO NURSING HOMES

My health care agent may admit me to a nursing home for short-term stays for recuperative care or respite care.

If I have checked “Yes” to the following, my health care agent may admit me for a purpose other than recuperative care or respite care, but if I have checked “No” to the following, my health care agent may not so admit me:

A nursing home      **Yes**       **No**       (SEE ADDENDUM – pages 8-12)

If I have not checked either “Yes” or “No” immediately above, my health care agent may only admit me for short-term stays for recuperative care or respite care.

## PROVISION OF FEEDING TUBE

If I have checked “Yes” to the following, my health care agent may have a feeding tube withheld or withdrawn from me, unless my physician has advised that, in his or her professional judgment, this will cause me pain or will reduce my comfort. If I have checked “No” to the following, my health care agent may not have a feeding tube withheld or withdrawn from me.

My health care agent may not have orally ingested nutrition or hydration withheld or withdrawn from me unless provision of the nutrition or hydration is medically contraindicated.

Withhold or withdraw a feeding tube      **Yes**       **No**       (SEE ADDENDUM – pages 8-12)

If I have not checked either “Yes” or “No” immediately above, my health care agent may not have a feeding tube withheld or withdrawn from me.

## HEALTH CARE DECISIONS FOR PREGNANT WOMEN

If I have checked “Yes” to the following, my health care agent may make health care decisions for me even if my agent knows I am pregnant. If I have checked “No” to the following, my health care agent may not make health care decisions for me if my health care agent knows I am pregnant.

Health care decision if I am pregnant      **Yes**       **No**       (SEE ADDENDUM – pages 8-12)

If I have not checked either “Yes” or “No” immediately above, my health care agent may not make health care decisions for me if he or she knows I am pregnant.

In no event is my health care agent authorized to make medical treatment decisions to withhold or withdraw treatment for me if I am pregnant that would result in my death.

### STATEMENT OF DESIRES, SPECIAL PROVISIONS, OR LIMITATIONS

In exercising authority under this document, my health care agent shall act consistently with my following stated desires, if any, and is subject to any special provisions or limitations that I specify. The following are any specific desires, provisions, or limitations that I wish to state (add more items as appropriate):

1. I request that the attached Addendum (pages 8-12) be included as a valid part of this Advance Health Care Directive document.
2. I request, but not as a requirement, that my health care agent consult my clergy regarding health care decisions.
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*[Attach additional pages, if needed]*

### INSPECTION AND DISCLOSURE OF INFORMATION RELATING TO MY PHYSICAL OR MENTAL HEALTH

Subject to any limitations in this document, my health care agent has the authority to do all of the following:

1. Request, review, and receive any information, verbal or written, regarding my physical or mental health, including medical and hospital records.
2. Execute on my behalf any documents that may be required in order to obtain this information.
3. Consent to the disclosure of this information.

### HIPAA RELEASE STATEMENT

I intend for my health care agent to be treated as I would with respect to my rights regarding the use and disclosure of my individual protected health information or other medical records. I grant to my agent the right to receive, disclose, or release, without restriction, all of my protected health information. This release statement applies to any information that is governed by the Health Insurance Portability and Accountability Act (HIPAA) of 1996.

**The principal and the witnesses or notary public must sign the document at the same time.**

## SIGNATURE OF PRINCIPAL

(Person creating this Advance Health Care Directive)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

(The signing of this document by the principal revokes all previous Advance Health Care Directive documents.)

## EXECUTION

This advance health care directive will not be valid for making health care decisions unless it is EITHER:

(A) signed by two qualified adult witnesses who are personally known to you and who are present when you sign or acknowledge your signature. The witnesses may not be a health care provider employed at the health care institution or health care facility where you are receiving health care, an employee of the health care provider who is providing health care to you, an employee of the health care institution or health care facility where you are receiving health care, or the person appointed as your agent by this document. At least one of the two witnesses may not be related to you by blood, marriage, or adoption or entitled to a portion of your estate upon your death under your will or codicil. *(Use Alternative 1, below, if you decide to have your signature witnessed.)*

**OR**

(B) acknowledged before a notary public in the state. *(Use Alternative 2, on next page, if you decide to have your signature notarized.)*

## ALTERNATIVE NO. 1 (SIGN WITH WITNESSES)

**IN WITNESS WHEREOF, I have hereunto signed my name this**

\_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.  
(Day) (Month) (Year)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Witnesses Who Are Not Related to the Principal or Who DO Not Benefit Under the Terms of the Principal's Will

### WITNESS #1:

I swear under penalty of perjury under AS 11.56.200 that the principal is personally known to me, that the principal signed or acknowledged this durable power of attorney for health care in my presence, that the principal appears to be of sound mind and under no duress, fraud, or undue influence, and that I am not (1) a health care provider employed at the health care institution or health care facility where the principal is receiving health care; (2) an employee of the health care provider providing health care to the principal; (3) an employee of the health care institution or health care facility where the principal is receiving health care; (4) the person appointed as agent by this document; (5) related to the principal by blood, marriage, or adoption; or (6) entitled to a portion of the principal's estate upon the principal's death under a will or codicil.

**Witness #1 Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_  
(Printed Name of Witness)

\_\_\_\_\_  
(Address) (City) (State) (Zip Code)

Alaska

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Revised 2019; Reviewed 2023

**WITNESS #2:**

I swear under penalty of perjury under AS 11.56.200 that the principal is personally known to me, that the principal signed or acknowledged this durable power of attorney for health care in my presence, that the principal appears to be of sound mind and under no duress, fraud, or undue influence, and that I am not (1) a health care provider employed at the health care institution or health care facility where the principal is receiving health care; (2) an employee of the health care provider who is providing health care to the principal; (3) an employee of the health care institution or health care facility where the principal is receiving health care; or (4) the person appointed as agent by this document; (5) related to the principal by blood, marriage, or adoption; or (6) entitled to a portion of the principal's estate upon the principal's death under a will or codicil.

**Witness #2 Signature:** \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
(Printed Name of Witness)

\_\_\_\_\_  
(Address) (City) (State) (Zip Code)

**ALTERNATIVE NO. 2  
(SIGN BEFORE A NOTARY)**

IN WITNESS WHEREOF, I have hereunto signed my name this

\_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.  
(Day) (Month) (Year)

\_\_\_\_\_  
(Signature of Principal)

State of Alaska )

\_\_\_\_\_ Judicial District )

On this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_,  
(Day) (Month) (Year)

before me appeared \_\_\_\_\_, personally known to me (or proved to me on the basis of satisfactory evidence) to be the person whose name is subscribed to this instrument, and acknowledged that the person executed it.

Notary Seal

\_\_\_\_\_  
(Signature of Notary Public)

## STATEMENT OF HEALTH CARE AGENT

I understand that \_\_\_\_\_ has designated me to be his or her health care agent if he or she is ever found to have incapacity and unable to participate in making health care decisions himself or herself.

Name of principal

\_\_\_\_\_ has discussed his or her desires regarding health care decisions with me.

Name of principal

**Agent's signature:** \_\_\_\_\_

Address: \_\_\_\_\_

## STATEMENT OF ALTERNATE HEALTH CARE AGENT

I understand that \_\_\_\_\_ has designated me to be his or her alternate health care agent if he or she is ever found to have incapacity and unable to make health care decisions himself or herself and if the person designated as health care agent is unable or unwilling to make those decisions.

Name of principal

\_\_\_\_\_ has discussed his or her desires regarding health care decisions with me.

Name of principal

**Alternate agent's signature:** \_\_\_\_\_

Address: \_\_\_\_\_

## ANATOMICAL GIFTS

### *Optional*

Upon my death:

\_\_\_\_\_ I wish to donate only the following organs or parts:

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ I wish to donate any needed organ or part.

\_\_\_\_\_ I wish to donate my body for anatomical study if needed.

\_\_\_\_\_ I refuse to make an anatomical gift. (If this revokes a prior commitment that I have made to make an anatomical gift to a designated donee, I will attempt to notify the donee to which or to whom I agreed to donate.)

Failure to check any of the lines immediately above creates no presumption about my desire to make or refusal to make an anatomical gift.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# ADDENDUM TO THE STATE OF ALASKA ADVANCE HEALTH CARE DIRECTIVE

## MY HEALTH CARE STATEMENT OF BELIEFS

My philosophy regarding the health care decisions I would make, if I were able to participate in medical treatment decisions, is based on my belief in the inherent value of human life and that life is a gift from God. It is my desire that all reasonable efforts be made to sustain my life and health.

I believe that death is the normal end of earthly life, and that God takes life by his decision. Therefore, I reject any attempt to end my life when God would sustain it, regardless of any diminished state of quality to my life, even if I have a disability. Similarly, I reject any attempt to lengthen my life when it is clear God intends to take it.

I believe life begins at conception. Therefore, if I have been diagnosed as pregnant and my physician knows of this diagnosis, I request that every effort be made to save the life of my unborn child in full recognition that two lives are at stake, both equal in value and worthy of protection.

## HEALTH CARE DIRECTIVES

1. I direct my health care agent to consent to the following health care:
  - a. Health care that is intended to relieve pain or to make me comfortable.
  - b. Health care to cure or improve any physical or mental condition which can be cured or improved. This includes health care that is intended to be used temporarily or because it is potentially effective.
2. My health care agent has no authority to consent to any act or omission intended to cause or hasten my death.
3. I instruct my health care agent to ensure that my attending physician and other health care providers provide my health care based on my health care philosophy and my health care directives as set forth in this document.
4. Should it become clear that God wishes to take my life, namely that I am diagnosed to have a terminal illness or injury where death is imminent, I direct that life-sustaining procedures be withheld or withdrawn, and that I be permitted to die in God's time. I do *not* give consent for the withholding or withdrawal of nutrition or hydration, even if I am diagnosed to have a terminal illness or injury, if doing so would cause my death by starvation or dehydration rather than from the terminal condition or injury.
5. If God allows the quality of my life to be diminished but gives me strength to continue living for an indeterminate amount of time, I request that reasonable care be administered to me to sustain my life and ease discomfort as much as possible.

## EXCEPTIONS TO HEALTH CARE DIRECTIVES

1. My health care agent may refuse consent to health care that would not be effective in terms of my survival.
2. If I have an incurable terminal illness or injury where I am in the final stages of dying, and it is medically certain that my death will occur within hours or a few days, my health care agent may consent to the

withholding or withdrawal of any health care that is not intended to relieve pain or make me comfortable.

3. If I have an incurable terminal illness or injury, and it is medically certain that my death will occur within six (6) months, my health care agent may consent to the withholding or withdrawal of life-sustaining health care. However, I still desire health care for easily treatable acute and chronic conditions, and health care that is intended to relieve pain or make me comfortable.
4. If I have a total, chronic, and irreversible loss of consciousness, and this condition has been diagnosed with medical certainty by two physicians, one of whom is my attending physician and the other is an expert in diagnosing my condition, my health care agent may consent to the withholding or withdrawal of life-sustaining health care. However, I still desire health care for easily treatable acute and chronic conditions, and health care that is intended to relieve pain or make me comfortable.

## **NUTRITION AND HYDRATION**

### *Food and fluids*

1. I believe that nutrition and hydration are basic human needs which should be provided to me even though providing them may require medical expertise and technology.
2. If I have checked “Yes” to the “Withhold or withdraw a feeding tube” option in the “PROVISION OF FEEDING TUBE” section of the Advance Health Care Directive Document, then a feeding tube may only be withheld or withdrawn from me if:
  - a. I have an incurable terminal illness or injury where I am in the final stage of dying, and it is medically certain that my death will occur within hours or a few days, and
  - b. The withholding or withdrawal of the feeding tube would not result in my death from malnutrition or dehydration, or complications of malnutrition or dehydration, rather than from my underlying terminal illness or injury.

## **PREGNANT WOMEN**

If I am pregnant, the following applies:

1. My health care agent is authorized to make health care decisions on behalf of my unborn child as an individual patient.
2. Health care necessary to sustain the life or health of my unborn child should be provided unless it is medically certain that my unborn child would not survive even if the health care were provided.
3. It is my desire that all reasonable efforts be made to sustain both my life and health and the life and health of my unborn child.
4. Even if I have an incurable illness or injury, or I am legally determined to be brain dead, it is my desire to receive all health care, to remain on any necessary life support systems, and to receive nutrition and hydration until my unborn child can sustain life apart from my body, unless it is medically certain that my unborn child would not survive even if I receive such health care.
5. No one is authorized to consent to an abortion for me unless it is directly and medically necessary to prevent my death.

**The principal and the witnesses or notary public must sign the document at the same time.**

**SIGNATURE OF PRINCIPAL**

(Person creating this Advance Health Care Directive)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

(The signing of this document by the principal revokes all previous Advance Health Care Directive documents.)

**EXECUTION**

This advance health care directive will not be valid for making health care decisions unless it is EITHER:

(A) signed by two qualified adult witnesses who are personally known to you and who are present when you sign or acknowledge your signature. The witnesses may not be a health care provider employed at the health care institution or health care facility where you are receiving health care, an employee of the health care provider who is providing health care to you, an employee of the health care institution or health care facility where you are receiving health care, or the person appointed as your agent by this document. At least one of the two witnesses may not be related to you by blood, marriage, or adoption or entitled to a portion of your estate upon your death under your will or codicil. *(Use Alternative 1, below, if you decide to have your signature witnessed.)*

**OR**

(B) acknowledged before a notary public in the state. *(Use Alternative 2, on next page, if you decide to have your signature notarized.)*

**ALTERNATIVE NO. 1  
(SIGN WITH WITNESSES)**

**IN WITNESS WHEREOF, I have hereunto signed my name this**

\_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.  
(Day) (Month) (Year)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witnesses Who Are Not Related to the Principal or  
Who DO Not Benefit Under the Terms of the Principal's Will**

**WITNESS #1:**

I swear under penalty of perjury under AS 11.56.200 that the principal is personally known to me, that the principal signed or acknowledged this durable power of attorney for health care in my presence, that the principal appears to be of sound mind and under no duress, fraud, or undue influence, and that I am not (1) a health care provider employed at the health care institution or health care facility where the principal is receiving health care; (2) an employee of the health care provider providing health care to the principal; (3) an employee of the health care institution or health care facility where the principal is receiving health care; (4) the person appointed as agent by this document; (5) related to the principal by blood, marriage, or adoption; or (6) entitled to a portion of the principal's estate upon the principal's death under a will or codicil.

**Witness #1 Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_  
(Printed Name of Witness)

\_\_\_\_\_  
(Address) (City) (State) (Zip Code)

**WITNESS #2:**

I swear under penalty of perjury under AS 11.56.200 that the principal is personally known to me, that the principal signed or acknowledged this durable power of attorney for health care in my presence, that the principal appears to be of sound mind and under no duress, fraud, or undue influence, and that I am not (1) a health care provider employed at the health care institution or health care facility where the principal is receiving health care; (2) an employee of the health care provider who is providing health care to the principal; (3) an employee of the health care institution or health care facility where the principal is receiving health care; or (4) the person appointed as agent by this document; (5) related to the principal by blood, marriage, or adoption; or (6) entitled to a portion of the principal's estate upon the principal's death under a will or codicil.

**Witness #2 Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_  
(Printed Name of Witness)

\_\_\_\_\_  
(Address) (City) (State) (Zip Code)

**ALTERNATIVE NO. 2  
(SIGN BEFORE A NOTARY)**

IN WITNESS WHEREOF, I have hereunto signed my name this

\_\_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.  
(Day) (Month) (Year)

\_\_\_\_\_  
(Signature of Principal)

State of Alaska )

\_\_\_\_\_ Judicial District )

On this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_,  
(Day) (Month) (Year)

before me appeared \_\_\_\_\_, personally known to me (or proved to me on the basis of satisfactory evidence) to be the person whose name is subscribed to this instrument, and acknowledged that the person executed it.

Notary Seal

\_\_\_\_\_  
(Signature of Notary Public)

## STATEMENT OF HEALTH CARE AGENT

I understand that \_\_\_\_\_ has designated me to be his or her health care agent if he or she is ever found to have incapacity and unable to participate in making health care decisions himself or herself.

Name of principal

\_\_\_\_\_ has discussed his or her desires regarding health care decisions with me.

Name of principal

**Agent's signature:** \_\_\_\_\_

Address: \_\_\_\_\_

## STATEMENT OF ALTERNATE HEALTH CARE AGENT

I understand that \_\_\_\_\_ has designated me to be his or her alternate health care agent if he or she is ever found to have incapacity and unable to make health care decisions himself or herself and if the person designated as health care agent is unable or unwilling to make those decisions.

Name of principal

\_\_\_\_\_ has discussed his or her desires regarding health care decisions with me.

Name of principal

**Alternate agent's signature:** \_\_\_\_\_

Address: \_\_\_\_\_

## CLERGY *Optional*

The declarant has requested that the agent consult me, as the declarant's clergy, regarding any health care decisions. I understand that this request has been made and am willing to work with the agent to help meet the directives as described in this Advance Health Care Directive document and attached Addendum.

**Clergy's signature:** \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Church address: \_\_\_\_\_

I have given copies of this Advance Health Care Directive – Christian Version to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_