

# Planning *My Way*

## My Strongly Held Beliefs

Many people have special personal or spiritual beliefs that they want to have respected in decisions about life-sustaining treatments. Do you? Use this worksheet to discuss your choices with your spokesperson, loved ones, and health care providers.

You may attach a copy of this optional worksheet to your VA Advance Directive if you choose to complete one. Be sure to initial each page. If you do this, VA will treat the worksheet as part of your directive. If you give the worksheet to your health care provider, it will become part of your medical record, and will be protected like your other medical information.

I have religious beliefs that influence my views about use of medical treatments. For example, some people believe that it is wrong to receive blood products, such as plasma or red blood cells. My beliefs are:

I believe in other forms of treatment, such as acupuncture, herbal remedies, or other alternative practices. I want the following treatments to be considered as part of my care:

I gain strength from other things like family, prayer, being in nature, reading, inspirational literature, or music. I want the following things included as part of my care:

My Beliefs	Yes	No	Not sure	Explanations of my beliefs
I should always be given food and fluids to prolong my life, even if it means I would need surgery to place a tube in my stomach.				
I want to have my pain controlled, even if a side effect of the pain medication is that I can't think clearly.				
My spokesperson should consider my religious and spiritual views when making health care decisions on my behalf.				
In addition to my interests, my spokesperson should consider his or her own interests and the interests of my family when making health care decisions on my behalf.				
My spokesperson should consider my views about the financial impact of treatment on my loved ones when making health care decisions on my behalf.				
My spokesperson should follow my advance directive as closely as possible,				

even if he or she doesn't think that it's in my best interests.				
Other				
Other				
Other				