

## Common Reasons Why Health Care Directives are Not Completed

**I don't need one — Health Care Directives are only for old or sick people:** Anyone 18 years old and older needs to have one completed. Medical uncertainties can happen to us anytime, including serious car accidents and sudden illnesses.

**I need to fill mine out yet — I have the paperwork on my counter at home:** Set a deadline for yourself to accomplish this task. Life is unpredictable and medical uncertainties can happen anytime.

**My family knows what I want:** Not necessarily. A Health Care Directive gives a clear written road map for you loved ones and medical team to refer to. Completing it will help make sure you get the care you want. Putting your choices in writing helps your loved ones know if they're doing what you would want.

**I don't know who to choose as my Health Care Agents:** Anyone 18+ who can speak on your behalf. Your agent is someone you choose to speak and make health care decisions for you if you cannot. Consider naming a family member or friend who knows you well, understands your values, and will carry out your wishes. The agent does not need to be a relative.

**I need an attorney:** An attorney is not required. In Minnesota a health care directive is considered legal when signed by two witnesses or one notary public.

**I can't afford it:** There is no cost required to complete a Health Care Directive. You can download a form for free at [Light The Legacy - Light The Legacy](#). Various forms are available under the Resources tab. There are seven different languages available.

**The Health Care Directive form is too long:** There are short forms available (two pages).

**I need a notary public:** A notary is not required. In MN a Health Care Directive is considered legal when your signature is verified by two witnesses *or* one notary public. The witnesses must be 18 years of age or older and cannot be your primary or alternate health care agent. At least one witness cannot be your health care provider or an employee of your health care provider.

**I prefer to have my directive witnessed by a notary public, but I need to locate one:** A notary public can often be found at banks, credit unions, city or county offices, and medical clinics. St. Cloud Hospital offers notary services from 9 a.m. to 3 p.m. Monday-Friday for employees and patients. You also could use this link to search for a notary public by city or county: <https://notary.sos.state.mn.us/Search/SearchForNotary>

**I have questions or need assistance:** Your health care provider can answer your questions or concerns. There are also free educational sessions offered by Light the Legacy (link above).

**I have mine finished but I don't know what to do with it:** Review it with your Health Care Agents and make them each a copy. Make sure they feel they can do this important job for you in the future. Give a copy to your health care provider. Keep additional copies for your records and to share with family or others as you wish.

More info at: [Advance Care Planning - Health Care Directive | CentraCare](#)