

LEGAL AND MEDICAL DOCUMENTS

Maryland

Legal Advice on End-of-Life and Other Issues

<https://www.marylandattorneygeneral.gov/Pages/HealthPolicy/eolcare.aspx>

The Attorney General's Office has developed a [wallet card](#) that you can use to document the location of your Advance Health Care Directive. Since this card provides general information, it can be used by anyone in any state.

Medical Orders for Life-Sustaining Treatment

How do I plan for my health care?

Start by having a conversation with your doctor or nurse practitioner about your current medical conditions and what you can expect in the future. Other professionals, such as physician assistants, social workers, nurses, and chaplains, may also talk with you about these topics. Next, talk with your family and/or anyone else with whom you feel close and decide what medical treatments you want or do not want. Your decisions should be based on your preferences, values, and goals. Remember, you have the right to agree or disagree with medical treatments that are recommended to you.

[Maryland MOLST \(Medical Orders for Life-Sustaining Treatment\) Form.](#)

Health Care Decision Making Worksheet:

Use this [worksheet](#) to indicate current treatment preferences (which will be reflected in Maryland MOLST orders) or to clarify wishes for future situations (which will be applied only when the issues become relevant in the future). Only initial those items for which a decision has been made or is needed. The remaining items can be left blank.

District of Columbia

[Advance Directive Planning for Important Healthcare Decisions](#) includes two main sections:

1. [The District of Columbia Power of Attorney for Health Care](#) lets you name someone to make decisions about your medical care — including decisions about life support—if you can no longer speak for yourself. The Durable Power of Attorney for Health Care is especially useful because it appoints someone to speak for you any time you are unable to make your own medical decisions, not only at the end of life. Before the Durable Power of Attorney for Health Care can go into effect, two physicians licensed to practice in the District of Columbia, including

one psychiatrist, must certify in writing that you are mentally unable to make health care decisions.

2. The District of Columbia Declaration is the District of Columbia's living will. It lets you state your wishes about medical care in the event that you develop a terminal condition and can no longer make your own medical decisions. The Declaration goes into effect if you have an incurable condition caused by injury, disease or illness, which would lead to your death with or without the use of life-sustaining medical care, and life sustaining procedures would serve only to postpone your death. One other doctor must agree with your attending physician's opinion of your medical condition, and both must certify your diagnosis in writing.

[DC MOST \(Medical Orders for Scope of Treatment\) Form](#)

Virginia

[Virginia Physician Orders for Scope of Treatment \(POST\) \(Sample Form\)](#)