

## **Planning for medical decisions**

### **Declaration for Mental Health Treatment**

#### **A Declaration for Mental Health Treatment may be right for you.**

If you have a mental health/behavioral health diagnosis, you can sign a Declaration for Mental Health Treatment. This Declaration appoints someone else to speak to your doctors specifically about your mental health/behavioral health treatment if you ever lose the ability to communicate yourself. It also allows you to write down your wishes about mental health/behavioral health treatment, such as medications to avoid or your preferred provider for treatment of your mental health/behavioral health diagnosis.

#### **Planning for your medical decisions is essential.**

“Planning for your medical decisions” means thinking about the type of medical treatment you might need later in life and choosing people you trust to communicate your wishes to your doctors. Even if you sign a Power of Attorney, the person you choose to manage your finances won’t have the authority to make medical decisions or to communicate your health care wishes to your doctors. And even if you sign an Advance Directive, you can complete this Declaration for Mental Health Treatment to provide additional instructions specifically about your mental health/behavioral health diagnosis.

#### **Be prepared for unexpected illness or injury.**

With this Declaration, you are planning ahead for the possibility that you may not always be healthy enough to communicate your wishes, specifically about your mental health/behavioral health diagnosis. Unexpected illness or injury can happen to anyone. For example, if you are involved in an accident which causes you to be hospitalized or to lose consciousness, or if you become sick in a way which causes you to become confused or to lose your memory, you may not be able to make your own medical decisions or you may lose the ability to communicate your wishes about your mental health/behavioral health treatment. The goal is to be prepared for incapacity before it happens by appointing trustworthy people to help you in advance. Signing a Declaration now, while you are still healthy enough to communicate your wishes, allows you to choose the person you trust the most to speak with your doctors if you need help in the future.

#### **Get started.**

Visit the link below to complete the form for Oregon, or you can find an estate planning attorney to help you decide if a Declaration for Mental Health Treatment is right for you.

[Declaration for Mental Health Treatment form](http://wingsoregon.org/get-a-life-plan)

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