

The Community Mental Health Partnership of Southeastern Michigan supports consumers' rights to their own choices for Crisis Planning, Advanced Directives, and End of Life Care where the law allows.

This pamphlet will help you with what your choices are in these areas and where to get help.

If you need any help with this information, you can contact your treatment staff, or any department listed at the end of this pamphlet.

Crisis Plans

What Is A Crisis Plan?

A crisis plan is a way to put in writing what you might need if you have a crisis, what type(s) of crises you want help with, and who you want help from (such as who you would want to take care of your home, pets, mail, etc, if you go in the hospital). **A crisis plan is not a legal document.** It is only a written plan of what you want help with during a crisis.

Who Can Have A Crisis Plan?

Anyone who gets mental health services can have a crisis plan. You can do this whether you have a guardian or not.

How Would I Make A Crisis Plan?

Your case manager or supports coordinator can help you write a crisis plan or get you information on others that can help. They also have examples of crisis plans that you can use.

Medical Advance Directives

What is a Medical Advanced Directive?

A medical advance directive is a legal document that tells healthcare providers what

your medical treatment choices are during certain medical emergencies. You create a medical advance directive before a medical emergency happens. Then, if there is an emergency where you were not able to say what you treatment you do/do not want, the medical advance directive would state your wishes.

Who Can Have a Medical Advanced Directive?

In Michigan an adult "of sound mind" can have a medical advance directive. So if you have a guardian, or the court finds you are not able to make your own treatment decisions, you would not be able to have an advance directive. **Michigan law states certain people cannot make an advance directive on your behalf.** This includes guardians, spouses, other family members, healthcare workers or anyone who would get gifts/income at your death.

How Would I Create A Medical Advanced Directive?

There are forms you can use to write a medical advance directive. Your case manager or supports coordinator can help you with forms or help to create one.

What is A "Durable Power of Attorney"?

A Durable Power of Attorney is a phrase often used with medical advance directives. When you create an advance directive, you can also name who has the power to make decisions for you when you are not able to make decisions for yourself. This person is called an **"Agent"** or a **"Patient Advocate"**. A Durable Power of Attorney is a medical advance directive that states who your Patient Advocate/Agent is and what types of decisions he/she can make.

What is a Patient Advocate?

The person you identify in your advance directive as the one who can make decisions about

your medical or psychiatric care if you become unable to make medical or psychiatric care decisions for yourself.

Who Can Be My Patient Advocate?

Anyone who is 18 years or older, does not have a guardian, and competent can be a patient advocate.

Do I Have to Have a Patient Advocate?

In most states, an advance directive is only valid if you have named a patient advocate/agent. So it is best to name one whenever possible.

Psychiatric Advance Directives

What is a Psychiatric Advanced Directive?

A psychiatric advance directive is a legal document that tells healthcare providers what your treatment choices are during certain psychiatric emergencies. You create a psychiatric advance directive before an emergency happens. Then, if there is a psychiatric emergency where you would not be able to say what you treatment you do or do not want, the psychiatric advance directive would explain your wishes.

Who Can Have a Psychiatric Advanced Directive?

In Michigan an adult "of sound mind" can have their own psychiatric advance directive. So if you have a guardian or the court finds you are not able to make your own treatment decisions, you would not be able to have an advance directive. **Michigan law states certain people cannot make an advance directive on your behalf.** This includes guardians, spouses, other family members, healthcare workers and anyone who would get some type of gift/income at the time of your death.

How Would I Create A Psychiatric Advanced Directive?

There are forms you can use to write a psychiatric advance directive. Your case manager or supports coordinator can help you with getting information you need to create one.

If I Want a Medical Advance Directive and a Psychiatric Advance Directive, Can I Make One Document?

No, you would not be able to make one document if you want both types of advance directives. You must make a separate medical advanced directive and a separate psychiatric advance directive.

Michigan law requires that any Advance Directives be notarized and signed by witnesses.

End Of Life Care

What is End of Life Care?

End of Life Care is the right to make choices about the type of care you do or do not want in a life or death situation. In Michigan, an adult who is "of sound mind" has the right to have a "**Do Not Resuscitate**" order (also called a **DNR**).

Who Can Have a Do Not Resuscitate Order?

In Michigan, if you are "of sound mind" and your own guardian, you can have a DNR. If you have a medical advance directive, you can also give your Patient Advocate/Agent the ability to enact a DNR for you if you become unable to. **Michigan law states certain people cannot enact a DNR for you.** This includes guardians, spouses, other family members, healthcare workers and anyone who would get some type of gift/income at your death. **A DNR can only be enacted in certain situations.** Talk with your case manager/ supports coordinator about limits to having a DNR.

How Would I Create A DNR ?

There are forms you can use to include your DNR wishes. Your case manager or supports coordinator can help you get this information.

Michigan law requires that a DNR be signed by an attending physician and witnesses.

Important Things For You To Know

Any of these papers can be a permanent part of your clinical record. If you want them in your record, make sure your CMH staff has a copy. **If your CMH has any part in your crisis plan, advance directive, or DNR, a copy of your plan must be in your CMH clinical record.**

Make sure staff has the most current copy of your crisis plan, advanced directive or DNR.

You can change or cancel your advance directive at any time. You can change or cancel your DNR at any time.

It is important that you tell your CMH staff of any changes in a crisis plan, advanced directive or DNR order, including if you cancel them.

You have the right to have this information in a different language, type of print, or form. If you need this information in a different way or you need any other help call:

Office of Recipient Rights

Or

Customer Services

1-877-779-9707

Or

Lenawee	517-263-8905
Livingston	517-546-4126
Monroe	734-243-7340
Washtenaw	734-544-3000

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Crisis Planning Advanced Directives, and End of Life Care

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