Definition Summaries

Advance Health Care Directive
An advance directive allows you to have a say in how you want to be treated if you become very ill. In the document, you can choose a health care agent, choose the kind of health you want, and choose to make an anatomical gift (organ/tissue donation).

Living Will
A living will is one type of health care directive. In the document, you can outline the type of care that you want if you become sick. A living will is usually not as detailed as an advance directive.

Comfort One
Some individuals who are terminally ill do not wish to have CPR performed when their breathing and heartbeat stop. The Alaska Comfort One Program allows you to complete a simple form, signed by your physician, to alert other health care professionals that you do not want CPR.

Power of Attorney
A power of attorney (POA) is a document that allows you to appoint another person, usually a relative or friend, to handle your legal and financial affairs while you are unable to. A POA can also make health care decisions.

Health Care Representative
A health care representative or agent is a person you appoint to make medical decisions for you if you are too sick to make them yourself. A health care representative cannot make legal or financial decisions for you.

A Hospice Social Worker is available to help you with any resources you may need and provide emotional support to you and your family.