

## Beratung zur Patientenverfügung

### ADVICE ON LIVING WILL

#### End of life provision

##### Leaving nothing to chance

Asked about their end of life, most people wish to die without unnecessary suffering. However, the reality is often different: If certain wishes and ideas have not been formulated as a precaution, it is not certain that they will be fulfilled **when a person can no longer express him- or herself.**

The living will is a way of making provisions for such situations and **indicates a person's personal wishes.** It enables relatives and loved ones, but also guardians/custodians or doctors, to implement a person's individual will.

##### Making my will count

Any medical treatment requires always the **patient's consent.**

To make sure about the decision of a patient to discontinue a medical treatment or to refuse a life-sustaining measure is obligatory for the doctors. If a person can no longer make these decisions themselves, the living will comes into play. It documents the ideas and expressions of will of a person who can no longer express his or her own wishes.

##### Advance instructions help everyone

A living will also help **relatives and loved ones who have to make decisions.**

Nothing is more difficult and burdensome than speculating about a person's presumed will.

For example, when it comes to whether or not to discontinue life-sustaining measures.

##### You should pay attention to ....

Forms for living wills can also be found on the Internet. However, forms can never reflect the person with his or her very personal wishes or fears, **which is what an individual will is all about.**

In order to formulate the last will and testament with regard to care and medical treatment at the end of life, **personal counselling is required.** In a trusting conversation, scenarios can be discussed, alternatives outlined and possible complications discussed.

## What do I want at the end of life?

It can be helpful to think about the topic before the consultation appointment:

- How do I want to die?
- Is a self-determined life and death important to me?
- How do I feel about living with severe health-related impairments and no prospect of recovery?
- How do I feel about organ transplantation?
- And most important:

**Who among my loved ones is really prepared to implement my last will and testament in serious circumstances?**

## We will be happy to advise you

Our volunteer (living will advisors) provide competent and independent help in drafting an individual living will. The consultation takes a good two hours over two appointments and takes place at the “Zentrale Anlaufstelle Hospiz” or, if you wish, at your home. As a result, of the counselling sessions, your personal values, wishes and ideas are incorporated in a written living will. This is intended to ensure that your will is according to your will.

Give us a call - we will provide you with competent information on living wills, health care proxies, and Berlin emergency directives!

**Also available in different languages!**

**Tel. 40 71 40 71 11 | [hospiz-aktuell.de](http://hospiz-aktuell.de)**