

AE-112

Advance Directives Information

Oregon health care directives, mental health declarations, and how to put yours in place.

An advance directive lets you say now what you would want later, if there were ever a time you could not speak for yourself. Putting one in place is entirely voluntary. Aeternum will honor your directive, help you create one if you want, and will never condition services on whether you have one.

The two Oregon documents

Oregon Advance Directive for Health Care

Oregon's statutory advance directive lets you name a health care representative to make medical decisions if you cannot, and record your wishes about life-sustaining treatment, tube feeding, and comfort care. It takes effect only when a physician determines you are unable to make or communicate your own decisions. You may change or revoke it at any time while you have capacity.

Declaration for Mental Health Treatment

Oregon also offers a separate declaration specifically for mental health treatment. In it you can state your preferences about medications, electroconvulsive therapy, and admission to a treatment facility, and name a representative to make mental health decisions. It is valid for three years unless you become unable to make decisions, in which case it stays in effect until you regain capacity. It must be signed with two witnesses.

What else you can include

- Who you want contacted, and who you do not
- How you prefer to be approached when you are in distress
- Coping strategies that have worked for you before
- Medications you have responded well or poorly to
- Religious, cultural, or dietary practices to honor
- Care of your pets, home, or belongings during a hospitalization
- Your wishes about organ donation

Choosing a representative

Your health care representative should be someone who knows you, will honor your wishes even if they would choose differently, and can be reached in an emergency. It cannot be your attending physician or, generally, a paid caregiver who is not related to you – which means Aeternum staff cannot serve in this role. Talk with the person before naming them, and name an alternate.

- 3 Complete the form, sign it, and have it witnessed as the form requires.
- 4 Give copies to your representative, your providers, your family, and Aeternum.
- 5 Store the original somewhere accessible, not locked away.
- 6 Review it once a year, and any time your health or wishes change.

How Aeternum handles your directive

- We ask at move-in whether you have a directive and note the answer in your record.
- We keep a copy in your file and note its existence prominently in your safety plan.
- A copy travels with you to any hospital or emergency transport.
- We share it with your providers with your consent.
- We follow it to the extent Oregon law allows, and tell you plainly if any part of it cannot be honored in a residential setting.
- We support you in changing or revoking it at any time — just tell any staff member.

Where to get forms and help

Resource	Contact
Oregon Health Authority advance directive information	www.oregon.gov/oha
Oregon Advance Directive forms	Available from the Oregon Health Authority and most Oregon hospitals and clinics
Declaration for Mental Health Treatment	Available from the Oregon Health Authority; witnessed signature required
Disability Rights Oregon	503-243-2081 or 1-800-452-1694
Aeternum — help completing a directive	(971) 317-2199 or myaeternumcare@gmail.com

Common questions

Do I have to have one?

No. It is completely voluntary and does not affect your services in any way.

What if I do not have one and cannot speak for myself?

Oregon law sets an order of people who may make decisions for you — typically a guardian, then a spouse or domestic partner, then an adult child, parent, or sibling. A directive lets you choose instead of leaving it to that list.

Does a directive mean less care?

No. A directive describes the care you want, which can include every available intervention. It is about your voice, not about limiting treatment.