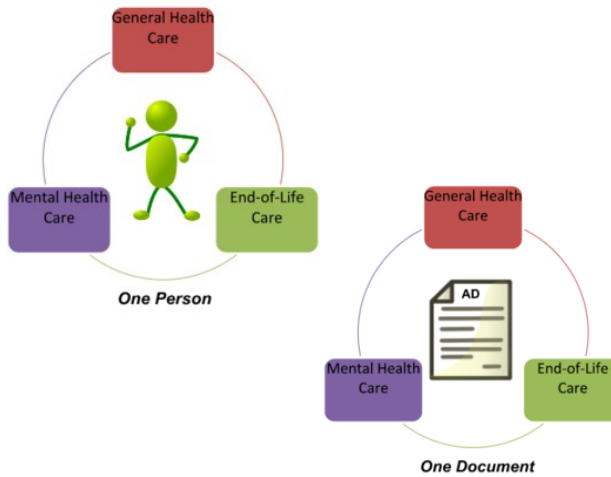


## Integrated ADs and Mental Health

Since 2010, Virginia has allowed and encouraged psychiatric advance care planning to be integrated into medical advance directives; one document to treat the whole person.



Everyone (not just those with a history of mental health diagnoses or dementia) can and is encouraged to use the integrated version of an AD because all of us are at risk for mental health crises as well as other crises.

For more information, go to [www.virginiaadvancedirectives.org](http://www.virginiaadvancedirectives.org)



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[www.myvalleycsb.org](http://www.myvalleycsb.org)

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## Valley Community Services Board



## Integrated Advance Directives (AD)

*Who will decide  
if you can't?*



## Why have an AD?

- If you have an AD and are unable to make decisions for yourself, a person named as your agent, or authorized representative, in the AD must be sought out before appointing someone else to make health care decisions on your behalf.
- Your AD is activated when you are temporarily or permanently unable to make decisions for yourself.
- Providers must follow ADs as closely as they can within the limits of the law and medical practice.
- Your AD may be turned off when a physician finds that you are once again able to make decisions for yourself.

An Advance Directive is a legal document where you spell out YOUR decisions about YOUR healthcare ahead of time.

Go to [www.virginiaadvancedirectives.org](http://www.virginiaadvancedirectives.org)

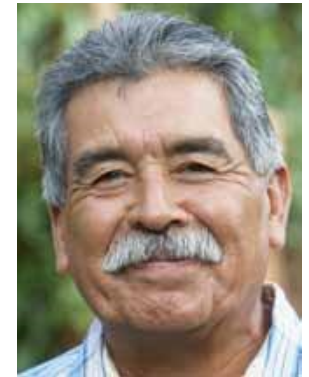
## Integrated AD Form

This form may be used to:

- appoint an agent,
- show which powers you want to give your agent for medical and mental health care,
- write down your medical and mental health care instructions,
- consent to or deny the use of electroconvulsive therapy (ECT)
- write down your emergency contacts,
- give information about medications
- write down instructions about end-of-life care, and
- write down instructions about organ donation.

## After Creating an AD

- If you create an AD, give a copy to your agent, your doctor, your local hospital, and anyone else that might need it.
- If you update your AD, give an updated copy to everyone who has an old copy.
- Talk to your agent about your AD, what you want, and why.



- The AD can authorize an agent to decide on mental health care for a person, including psychiatric hospitalization, when you are unable to decide for yourself
- The AD can authorize care even when the person objects to it.