Advance Directives in the State of Washington / Amharic

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advance directives in the state of washington / amharic
## Advance Directives (Advance Directives)

**What do you mean by Advance Directives?**

Advance Directives are instructions that you make while you are still able to make decisions about your health care. By creating Advance Directives, you have the option of choosing who you want to make healthcare decisions for you if you become unable to communicate your health care preferences. These instructions can be used to:

- Limit or deny certain kinds of treatment.
- Provide a list of specific treatments you may accept.
- Choose a healthcare proxy (someone to make decisions for you if you are unable to make them yourself).
- Choose a place for your care to be provided.

Pets in Advance Directives are decisions that are made before illness or an injury occurs, ensuring that your wishes are respected in a healthcare setting.

### Seattle Children’s Locations:

- **Seattle Children’s Rady Children’s Campus**: 206-987-2760
- **Seattle Children’s Everett Clinic**: 206-987-4326

### Locations for Pet Care:

- **Seattle Children’s Rady Children’s Campus**
- **Seattle Children’s Everett Clinic**

### Contact Information:

- **Seattle Children's**: 206-987-2201
- **Family Resource Center**: 800-987-2201
- **Seattle Children’s**
  - **Rady Children’s Campus**: 206-987-2201
  - **Everett Clinic**: 800-987-2201
- **Honoring Choices Pacific Northwest**: 206-987-4326
- **Visit nwjustice.org/clear-hotline** for more information.

### Additional Resources:

- **HCA Washington**: hca.wa.gov
- **Washington State Medical Association**: wsma.org
- **Washington State Medical Association**: 360-352-4848

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Advance Directives in the State of Washington

Federal and state laws provide ways for you to make decisions about your healthcare before you are not able to because of illness or injury. The way you make these decisions is by filling out written documents called advance directives. There are three types of advance directives. Read on to learn more about advance directives.

Who can make advance directives?

In Washington state, if you are 18 years of age and older you have the right to make certain decisions about your healthcare. This includes mental health care and the right to define goals of care for your end of life.

If you are 13 through 17 years of age, you have the right to make certain decisions about your mental health care.

What are the three types of advance directives?

- **Living Will**: A living will is a set of instructions to your doctors about your care. In a living will, you choose the types of procedures or tests you would or would not want if you were not able to make decisions for yourself.

- **Durable Power of Attorney for Health Care**: This power of attorney lets you name a person who would carry out your decisions if you were not able to. Ideally, this is someone who knows you well and is clear about your values.

- **Mental Health Advance Directive**: In a mental health advance directive, you can state how you want mental health treatment decisions to be made and name someone to make decisions for you. Adults and emancipated minors may write mental health advance directives.

  Adolescents who are 13 through 17 years of age may write mental health advance directives if, at the time of writing, they are able to demonstrate that they are capable of making informed decisions about behavioral health care.

What is Seattle Children’s responsibility?

Your choice to have an advance directive will not impact your access to care, treatment or services. As permitted by law, we will honor all three types of advance directives. Hospitals are required to provide information about advance directives to all patients 18 and older.

To Learn More

- Social Work
  206-987-2760
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.
How do I decide about my advance directive?

You should talk with your care team about your care wishes if:

- You have a potentially life-limiting illness
- You have a mental health illness that may affect your decision-making ability
- You simply want your wishes to be known if you have an unexpected illness or accident

We encourage you to talk about your wishes with your family. You can find forms for each state online, but it is a good idea to have an attorney review them. Review resources below for more information on advance directives.

Where do I find more information?

For more information about advance directives, here are some resources at Seattle Children’s and outside of Seattle Children’s that may help:

**At Seattle Children’s:**

- **Social Work:** Call 206-987-2760
- **Spiritual Care:** Call 206-987-4326

**External resources:**

When visiting these websites, try searching terms like, “advance directives,” “healthcare directives,” “mental health advance directives,” “living will,” “durable power of attorney” or “end of life” to find helpful information.

- **Coordinated Legal Education, Advice and Referral (CLEAR)** (a toll-free legal hotline for people with low incomes):
  - Visit [nwjustice.org/clear-hotline](http://nwjustice.org/clear-hotline)
  - In King County: Dial 211 (available Monday through Friday from 8 a.m. to 6 p.m.)
  - If outside King County: Call 1-888-201-1014 (available Monday through Friday from 9:15 a.m. to 12:15 p.m.)

- **Honoring Choices Pacific Northwest:** Visit [honoringchoicespnw.org](http://honoringchoicespnw.org) (in English only)

- **Washington Law Help:** Visit [washingtonlawhelp.org](http://washingtonlawhelp.org)

- **Washington State Health Care Authority:** Visit [hca.wa.gov](http://hca.wa.gov) (in English only) or call 1-800-562-3022

- **Washington State Hospital Association:** Visit [wsha.org/for-patients](http://wsha.org/for-patients) (in English only) or call 206-281-7211

- **Washington State Medical Association:** Visit [wsma.org](http://wsma.org) (in English only) or call 360-352-4848