

Dardaaranka hore Loo sii qoray

Advance Directives

Advance directives are legal documents to tell your loved ones and your doctors about the medical treatment you would want if you are not able to speak for yourself. Because a severe illness or accident can happen at any time, all adults should have advance directives.

It is important to let your health care team know if you have advance directives, so they are aware of them and can honor your health care choices. You will be asked if you have advance directives if you are in the hospital.

Here are answers to some common questions about advance directives.

What is an Advance Directive?

An advance directive tells your doctors and other health care workers what types of care you would like to have if you become unable to make medical decisions. This may occur because you are:

- In a serious accident
- Very ill and near death
- In a coma
- Very confused or in late stages of dementia

Dardaaranka hore Loo sii qoray waa dukumiinti sharci ah oo u sheegaaya dadka qoyskaaga iyo dhakhaatiirta xog ku saabsan daawaynta caafimaad ee aad doonayso haddii aadan awoodin inaad naftaada u hadasho. Sabab la xariirta in xanuun daran ama shil uu dhici karo xili kasta, dhammaan dadka waawayn waa inay lahaadaan dardaaranka hore Loo sii qoray.

Waa muhiim inaad u sheegto kooxdaada daryeelka caafimaadka haddii aad leedahay dardaaranka hore Loo sii qoray, si ay ugasii warqabaan ayna u ixtiraamaan dookhyadaada daryeelka caafimaadka. Waa lagu waydiin doonaa haddii aad leedahay dardaaranka hore Loo sii qoray haddii lagu dhigo isbitaal.

Halkaan waxaad ka helaysaa jawaabaha qaar kamid ah su'aalaha guud oo ku saabsan dardaaranka hore Loo sii qoray.

Waa maxay Dardaaranka Hore loo sii Qoray?

Dardaraan hore loo sii horay waxa uu u sheegayaa dhakhaatiirtaada iyo shaqaalaha kale ee daryeelka caafimaadka noocyada daryeelka ee aad doonayso haddii aad noqto qof aan awoodin inuu gaaro go'aano caafimaad. Arintaan ayaa imaan karta sabab la xariirta inaad:

- Gasho shil aad u xun
- Aad u xanuunsato aadna u dhawaato geeri
- Aad kooma gasho
- Inaad aad u wareerto ama heerarka ugu xun ee waalida

In the United States, there are forms you can fill out to tell health care workers about the care you want. These forms are called:

- Health Care Power of Attorney (POA)
- Living Will
- Do Not Resuscitate (DNR) Order

In some states, these forms may be combined.

What is a Health Care Power of Attorney?

This form allows you choose someone you trust to make health decisions if you are unable to do so yourself. You may also hear this called a medical power of attorney or health care proxy.

This person can be a spouse or partner, parent, friend, or someone you trust to make health decisions for you. You may also choose to have an alternate, in case the person is not able to fulfill the role. The doctor shares information about your condition and care with the person you choose.

- The doctor and other members of your health care team are not able to serve as your health care power of attorney.
- This is not the same as a power of attorney for financial decisions.

Gudaha Maraykanka, waxaa jiro foomam aad buuxinayso si aad ugu sheegto shaqaalaha caafimaadka daryeelka aad doonayso. Foomamkaan waxaa loogu yeeraa:

- Awooda Go'aan Ka gaarista Daryeelka Caafimaadka
- Dhaxalka qof Nool
- Amarka Ha iga Saarin Koomada (DNR)

Gobalada qaarkood, foomamkaan ayaa isku dhex jiri kara.

Waa maxay awooda Go'aan Ka gaarista Daryeelka Caafimaadka?

Foomkaan wuxuu kuu sahlayaa inaad doorato qof aad ku kalsoon tahay inuu kuu gaaro go'aanada daryeelka caafimaadka haddii aadan adigu go'aankaas gaari karin. Waxaad sidoo kale maqli kartaa foomkaan oo loogu yeero awooda go'aan ka gaarista caafimaadka ama wakiilka daryeelka caafimaadka.

Qofkaan waxa uu noqon karaa xaaskaaga ama lamaanaha, waalid, saaxiib, ama qof aad ku kalsoon tahay inuu go'aanada caafimaadka kuu gaaro. Waxaad sidoo kale dooran kartaa inaad lahaato qof badal ah, haddii qofku uusan awoodin buuxinta doorkiisa. Dhakhtarka ayaa xog ku saabsan xaaladaada iyo daryeelkaaga la wadaagaaya qofka aad doorato.

- Dhakhtarka iyo xubnaha kale ee kooxdaada daryeelku ma awoodaan inay noqdaan cida awooda u leh go'aan ka gaarista daryeelkaaga.
- Tani lama mid ahan awooda ka go'aan gaarista arimaha dhaqaalaha.

What is a Living Will?

A living will is a form that tells the type of medical treatment you want in certain situations. It only comes into effect if you are terminally ill or permanently unconscious, such as in a coma. In a living will, you can tell health care providers about the type of help you want or do not want, such as machines to help you breathe or feeding tubes if you cannot eat normally.

What is a DNR order?

A do not resuscitate (DNR) order is another type of advance directive, or it may be combined in the Living Will. It allows you to tell your doctors you do not want to have cardiopulmonary resuscitation (CPR) or other treatment to try to revive you if your heart stops or if you stop breathing.

When I fill out these forms, who do I give Advance Directive papers to?

Give a copy of these forms to your doctor. Give one to the person or people who will represent you. Tell health care providers and caregivers that you have an advance directive. It is also a good idea to have a copy with you if you need to go to the hospital for surgery or treatment.

Waa maxay Dardaaranka Qof Nool?

Dardaaranka qofka nool waa foom sheegaaya nooca daawaynta caafimaad ee aad doonayso markay xaalado gaar ah jiraan. Waxay kaliya dhaqan galaysaa haddii aad xanuun aad u xun qabto ama aad gabi ahaanba abid kooma ku jirto, sida koomada. Dardaaranka qofka nool, waxaad u sheegi kartaa dhakhaatiirta nooca caawimaada aad doonayso ama aadan doonayn, sida mashiinada kaa caawinaaya inaad neefsato ama tuubooyinka quudinta haddii aadan caadi wax u cuni karin.

Waa maxay amarka DNR?

Amarka Ha iga Saarin Koomada (DNR) waa nooc kale oo kamid ah dardaaranka hore loo sii horay, ama waxaa lagu dari karaa Dardaaranka Qofka Nool. Waxa uu kuu sahlayaa inaad u sheegto dhakhaatiirtaada inaad doonayn in lagugu xiro mashiinka garaaca wadnaha ilaaliya (CPR) ama qaab kale oo daawayn si la iskugu dayo in nolosha lagugu cesho haddii wadnahaagu istaago ama aad joojiso neefsiga.

Marka aan buuxiyo foomamkaan, yaan siinayaa dukumiintiga Dardaaranka Hore loo sii Qoray?

Sii koobiyada foomamkaan dhakhtarkaaga. Sii hal koobi qofka ama dadka wakiilka kaa noqon doona. U sheeg dhakhaatiirta caafimaadka iyo daryeel bixiyaasha inaad leedahay dardaaran horey loosii qoray. Sidoo kale waa fikir wanaagsan inaad koobi la harto adigu haddii aad u baahan tahay inaad isbitaalka u aado qaliin ama daawayn.

How can I make or change my Advance Directive?

If you have questions or wish to put your choices in writing, tell your doctor or health care provider.

You can change or make a new advance directive at any time. Simply destroy the old one and complete a new form. Be sure to provide new copies to your doctors and to the person or people who will represent you.

Sidee ayaan ku samayn karaa ama u badali karaa Dardaarankayga Hore loo sii Qoray?

Haddii aad qabto su'aalo ama aad doonayso inaad dookhyadaada qoraal ka dhigto, u sheeg dhakhtarkaaga ama adeeg bixiyahaaga caafimaadka.

Waad badali kartaa ama waxaad samaysan kartaa dardaaranka horay loo qoray oo cusub xiligaad doonto. Kaliya baabo'i kii hore oo buuxi foom cusub. Xaqiiji inaad koobiyada foomka cusub u gayso dhakhaatiirtaada iyo qofka ama dadka ku matali doona.