

Everyone of legal age should have two legal documents in place:

1. Durable Power of Attorney for Health Care; and
2. Health Care Directive.

There are several instances where these documents can be necessary, including:

- Grown unmarried children (maybe in college); and,
- Non-married adults

The Health Insurance Portability and Accountability Act (HIPAA) prevents parents from accessing their children's medical information, unless they have a written power to do so. Thus, if the child is injured at school and there is no written medical power, the parents cannot get the medical information from the physician per the HIPAA privacy rules. A medical power of attorney can solve this problem.

Fortunately, most states provide these forms free of charge. Depending on the state, both documents need to be EITHER notarized OR witnessed by two people.

It is very important that everyone, especially unmarried adults, have a durable power of attorney for health care and a health care directive. Using the resources provided below is an easy and cost-free method to do it.

Arizona:

<https://azsos.gov/services/advance-directives>

California:

<http://ag.ca.gov/consumers/pdf/ProbateCodeAdvancedHealthCareDirectiveForm-fillable.pdf>

Florida:

[https://www.everplans.com/sites/default/files/Florida Advance Directive Form.pdf](https://www.everplans.com/sites/default/files/Florida%20Advance%20Directive%20Form.pdf)

Georgia:

<http://aging.dhs.georgia.gov/sites/aging.georgia.gov/files/GEORGIA%20ADVANCE%20DIRECTIVE%20FOR%20HEALTH%20CARE-2016.pdf>

Minnesota:

<http://www.honoringchoices.org/health-care-directives/english-directives>

Montana:

<https://www.montana.va.gov/patients/advance.asp>

Nevada:

<https://www.aarp.org/content/dam/aarp/relationships/caregiving/2014/advance-directives/Nevada.pdf>

New Mexico:

<http://sclonm.org/wp-content/uploads/2011/05/HCPOA-WITHOUT-SCLO-ADDRESS.pdf>

North Carolina:

https://www.aarp.org/content/dam/aarp/relationships/caregiving/2011_01/ad/NorthCarolina.pdf

Oregon:

https://healthcare.oregon.gov/shiba/Documents/advance_directive_for_m.pdf

Pennsylvania:

<http://www.upmc.com/patients-visitors/patient-info/advance-directives/Documents/pa-advanced-directive.PDF>

Rhode Island:

<http://www.health.ri.gov/lifestages/death/about/endoflifedecisions/>

Texas:

<https://hhs.texas.gov/laws-regulations/forms/advance-directives>

Utah:

<https://ucoa.utah.edu/documents/directives/ad-6-9-09.pdf>

Washington:

<https://wsma.org/advance-directives> .

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