

# This is my Advanced Directive: **FULL CODE**

I have a great life, and I am going to leave it **KICKING** and **SCREAMING!**

I am not afraid of technology.  
I already use a feeding tube (some call it “artificial nutrition and hydration”) and a BIPAP (some call it a “respiratory assist device”).  
These tools have extended my life by 26 years, and still counting...

This does not mean that I view death as an enemy.  
She will come for each of us in G-d's time.  
When everything feasible has been tried, I am prepared to go.

**Nevertheless, if I did not have a strong will to survive,  
I would not have lived these 60 years. I hope to live many more.**

Disability should never be used as an excuse  
not to treat something that is treatable.  
While acquiring a higher level of disability may be challenging,  
that does not mean that I would prefer to die instead.

**DO EVERYTHING YOU CAN  
but my health care representative has the final say.  
These are my wishes.**

This request is made after careful reflection, while I am of sound mind.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Catherine D. Ludlum

This document was signed in our presence, by the above named, who appeared to be eighteen years of age or older, of sound mind and able to understand the nature and consequence of health care decisions at the time this document was signed. She also appeared to be under no improper influence. We have subscribed this document in her presence and at her request and in the presence of each other.

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Number and Street

\_\_\_\_\_  
Number and Street

\_\_\_\_\_  
City, State, and ZIP Code

\_\_\_\_\_  
City, State, and ZIP Code

**(OVER)**

**Yes    No**

       **CPR**

       **Intubation**

Use nasal intubation if possible.

Already use a bipap and **LOVE IT!**

       **Feeding tube**

Already have one and **LOVE IT!**

       **IV fluids**

Have a **PORT** in upper left chest.

Veins are too tiny to be of much use.

**PICC** line in arm failed. **Groin** successful once, but very difficult.

       **Antibiotics**

## **Allergies to medication: Anectine, Levaquin**

**NEVER** place a pillow under my head. It restricts my airway.

A pillow under my knees is appreciated.

**USE EXTREME CAUTION** in turning my head, as this also restricts my airway. My head's natural position is 45° to the right.

**IT IS HELPFUL** to move (not turn!) my head away from my right shoulder. Just slide it over. This helps me to breathe easier.

**IF I AM REALLY HAVING TROUBLE BREATHING**, it helps to place something small (i.e.: folded towel) under my shoulders to tip my head back a bit. Reduces anxiety, too!

**I have contractures EVERYWHERE. Please be careful moving me.**

**Especially protect my fingers. They get caught in unexpected ways.**

**Health Care Representative:** [Name]

[Phone #]

**Standby Health Care Rep.:** [Name]

[Phone #]

(OVER)