

Catholic Health Care Directives

A resource from the *North Dakota Catholic Conference*

Who will speak for me when I cannot speak for myself?

How can I make sure the right decisions are made about my health care?

People often avoid questions like these until faced with having to make a decision. Many of us think that only the sick or dying need to think about such matters.

In truth, however, these are questions we all must ask and be able to answer -- whether we are young or old, sick or healthy. There could come a time in any person's life where he or she may not be able to communicate his or her wishes.

A Catholic Health Care Directive can help you prepare for that time, should it arise. The directive conforms to North Dakota law and reflects Catholic teaching. It gives your loved ones and health care providers direction as to how you would make health care decisions.

A new website exists where you can download or order copies of the directive and other useful material. Check it out at <http://ndcatholic.org/CHD08/>. If you do not have internet access, call the North Dakota Catholic Conference at 1-888-419-1237.

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