



NEW YORK STATE SENATOR

Liz Krueger

## **Senator Liz Krueger Marks National Healthcare Decisions Day by Signing Own Health Care Proxy**

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## Senator Liz Krueger Marks National Healthcare Decisions Day by Signing Own Health Care Proxy

(New York, NY) Today, New York State Senator Liz Krueger filled out a Health Care Proxy to show support for National Healthcare Decisions Day and to ensure her own medical treatment preferences are honored in the future. National Healthcare Decisions Day seeks to empower individuals by raising awareness so that persons may start a conversation and discuss their medical wishes.

Senator Krueger was joined by members of her staff and a representative from Total Life Choices, a program at New York Legal Assistance Group committed to educating and providing assistance with Health Care Advance Directives.

"It's not an easy discussion to have, but all adults, regardless of their age, need find out more information about their healthcare options if they were suddenly unable to communicate their wishes," Senator Krueger said.

A Health Care Proxy, or another form of Advance Directive, enables an individual to take control of his/her healthcare planning particularly regarding to end-of-life care. Through the process of completing a Health Care Proxy, an individual begins to

contemplate his/her choices about medical care and is made aware of the need to communicate those choices to those who may suddenly need to make decisions on his/her behalf.

“By filling out a Health Care Proxy you not only ensure that your exact wishes are followed and documented, but you also remove a tremendous burden from the people you love most, who would otherwise be forced to guess your wishes,” said Senator Krueger.

New York State has recently taken action, through the Family Health Care Decisions Act to ensure there is a standard order for medical decision-making in the event that a patient cannot express his/her wishes, and has not filled out a proxy.

“The Family Healthcare Decisions Act will ensure loved ones can have a say in making critical choices about care in the event that no proxy exists,” said Senator Krueger. “But by filling out a Health Care Proxy, a person can provide explicit guidance on whom they want involved in these difficult decisions and what those decisions should be.”

“It is a terrible fact that tragedy can strike at any moment,” Senator Krueger said. “It is so important to take the time to learn more about your options and talk to your loved ones about end of life care.”

For more information on advance directives or healthcare proxies please contact Senator Krueger’s office at: (212) 490-9535.