

# SELECTING YOUR DURABLE POWER OF ATTORNEY FOR HEALTH CARE OR HEALTH CARE AGENT

When you decide to pick someone to speak for you in a medical crisis, in case you are not able to speak for yourself, there are several things to think about. This tool will help you decide who the best person is. Usually it is best to name **one person or agent to serve at a time**, with a least one alternate, or back-up person, in case the first person is not available when needed. Compare up to 3 people with this tool. The person best suited to be your DPOAH or Health Care Agent rates well on these qualifications . . .

Name #			
1:			
			Name #
2:			
			NAME #
3:			
			1. Meets the legal criteria in NH for acting as agent or representative of being at least 18 years of age?
			2. Would be willing to speak on your behalf.
			3. Would be able to act on your wishes and separate his/her own feelings from yours.
			4. Lives close by or could travel to be at your side if needed.
			5. Knows you well and understands what's important to you.
			6. Could handle the responsibility.
			7. Will talk with you now about sensitive issues and will listen to your wishes.
			8. Will likely be available long into the future.
			9. Would be able to handle conflicting opinions among family members, friends, and medical personnel.
			10. Can be a strong advocate in the face of an unresponsive doctor or institution.

## What to Do After you Pick a Health Care Agent

- ✂ Talk to your agent about the qualifications on this worksheet.
- ✂ Ask permission to name him or her as your agent.
- ✂ Discuss your health care wishes and values and fears.
- ✂ Make sure your agent gets a copy of your advance directive.
- ✂ Tell family members and close friends who you picked.

*DiManna Law Office, LLC*  
 2 Marshall Road, Suite F  
 Kingston, NH 03848  
 (603) 642-9150