

1. Have you ever heard of the term, Health Care Proxy?

Please pick one of the answers below.

- Yes
- No

2. From what you have heard, which of the following best describes a Health Care Proxy?

Please pick one of the answers below.

- A form listing your current medications
- A person that you appoint to make medical care decisions for you if you become unable to make decisions due to illness or injury
- A document that is only needed for elderly individuals and very sick people
- A form that hospitals require prior to admission
- A form showing your chronic medical conditions in case you need emergency care

3. Have you designated a Health Care Proxy and completed a Health Care Proxy form?

Please pick one of the answers below.

- Yes
- No

4. When did you first complete a Health Care Proxy form?

Please pick one of the answers below.

- Less than 6 months ago
- 6 - 12 months ago
- 1 - 2 years ago
- 3 - 5 years ago
- More than 5 years ago

5. Who has a copy of your Health Care Proxy form? (check all that apply)

Please check all that apply and/or add your own variant.

- The person who I have appointed as my Health Care Proxy
- My physician
- My hospital
- My attorney

- My spouse/domestic partner/significant other
- Close relative(s)
- Close friend(s)
- Just me

Other

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6. Have you ever heard of the term, Living Will?

Please pick one of the answers below.

- Yes
- No

7. From what you have heard, which of the following best describes a Living Will?

Please pick one of the answers below.

- A legal form that indicates how your estate will be divided.
- A list of your current medications that doctors can immediately refer to.
- A document that is only needed for terminal patients in hospice care.
- A form that shows your chronic medical conditions in case you ever need emergency care.
- A document that specifies your wishes and guides your medical care if you develop an irreversible or terminal condition and are unable to communicate.

8. Have you completed a Living Will?

Please pick one of the answers below.

- Yes
- No

9. When did you first complete a Living Will?

Please pick one of the answers below.

- Less than 6 months ago
- 6 - 12 months ago
- 1 - 2 years ago
- 3 - 5 years ago
- More than 5 years ago

10. Who has a copy of your Living Will? (check all that apply)

Please check all that apply and/or add your own variant.

- The person who I have appointed as my Health Care Proxy
- My physician
- My hospital
- My attorney
- My spouse/domestic partner/significant other
- Close relative(s)
- Close friend(s)
- Just me

Other

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11. Choosing someone to make your health care decisions in case you cannot speak for yourself is called designating a 'Health Care Proxy.' Completing a Health Care Proxy form is the best way to do this. Which answer best describes you?

Please pick one of the answers below.

- I see no need to fill out a Health Care Proxy form.
- I see the need to fill out a Health Care Proxy form, but there are barriers or reasons why I have not done it.
- I am ready to fill out a Health Care Proxy form or I have already started.
- I already filled out my Health Care Proxy form and it reflects my wishes.
- I already filled out my Health Care Proxy form, but it needs to be changed.

12. What role did the following factors play in your decision to complete a Health Care Proxy form?

Please mark the corresponding circle - only one per line.

| | Significant role | Small role | No role at all |
|--|-----------------------|-----------------------|-----------------------|
| Peace of mind knowing that I would receive care consistent with my wishes. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The Terri Schiavo case. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Personal experience with end-of-life care of others. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Did not want to create additional problems for my family/loved ones. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| My physician recommended that I complete it. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| | | | |
|---|-----------------------|-----------------------|-----------------------|
| My spouse/relatives recommended that I complete it. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please describe the other factor for your decision to complete a Health Care Proxy

Please use the blank space to write your answers.

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13. What would you say is the primary reason why you have not completed a Health Care Proxy form?

Please pick one of the answers below or add your own.

- I don't know enough about it.
- I don't know where to get the necessary forms.
- I don't think it's important.
- I'm too young to think about such things.
- I don't have enough time.
- I'm uncomfortable thinking about the topic.
- My family/friends seem unwilling to discuss the topic.
- I don't know how to bring up the topic.
- I don't know whom to designate as my health care proxy.
- I'm waiting for my doctor to bring up the topic.

Other

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14. Have you ever heard of the term, Advance Directives?

Please pick one of the answers below.

- Yes
- No

15. Which of the following would fall under the category of Advance Directives?

Please pick one of the answers below.

- Health Care Proxy form
- Living Will
- Do Not Resuscitate Order
- All of the above

16. Has your doctor ever talked to you about Health Care Proxies and Living Wills?

Please pick one of the answers below.

Yes

No

17. Please indicate whether the following statements are true or false.

Please mark the corresponding circle - only one per line.

| | True | False |
|---|-----------------------|-----------------------|
| I can appoint a Health Care Proxy without actually completing a Living Will. | <input type="radio"/> | <input type="radio"/> |
| I can complete a Living Will without actually designating a Health Care Proxy. | <input type="radio"/> | <input type="radio"/> |
| A Health Care Proxy form must be notarized and prepared by an attorney. | <input type="radio"/> | <input type="radio"/> |
| Every adult should designate a Health Care Proxy to make medical care decisions for them in case they lose the ability to make their own decisions. | <input type="radio"/> | <input type="radio"/> |

18. If you want to learn more about a health topic, where do you usually get your health care information? (check all that apply)

Please check all that apply and/or add your own variant.

I rely on my physician.

I look for community resources, such as presentations.

I consult our corporate web site (www.excellusbcbs.com or www.univerahealthcare.com).

I use a health-oriented web resource site such as WebMD.

I go to the public library.

I consult the Compassion and Support web site at www.compassionandsupport.org

Other

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The last few demographic questions are for classification purposes only.

19. Which region are you from?

Please pick one of the answers below.

- Rochester
- Central New York
- Southern Tier
- Utica
- Western NY

20. Your age is:

Please pick one of the answers below.

- 18 - 24
- 25 - 34
- 35 - 44
- 45 - 54
- 55 - 64
- 65 or over
- I prefer not to answer

Are you:

Please pick one of the answers below.

- Male
- Female

What is your marital status?

Please pick one of the answers below.

- Single
- Married
- Separated or Divorced
- Widowed
- Domestic Partnered
- I prefer not to answer

23. What is your highest level of education completed:

Please pick one of the answers below.

- Up to and including some High School

- High School Graduate or G.E.D.
- Some College but no degree
- Associate's Degree or Certificate Program
- Bachelor's Degree
- Advanced Degree (e.g., Master's, Ph.D., M.D.)
- I prefer not to answer

Two types of advance directives are a health care proxy and living will.

A health care proxy is a legal document that lets you name someone to make decisions about your medical care if you can no longer speak for yourself.

A living will is a form that lets you state your wishes about medical care in the event that you develop an irreversible condition that prevents you from making your own medical decisions.

It is important to have conversations with your family, your close friends and your physician to be sure they understand your wishes. Share copies of the completed advance directives with these trusted individuals. Completing advance directives can give you and your family peace of mind by reducing uncertainty and helping to avoid confusion and conflict over your care.

Everyone age 18 and older should complete a health care proxy and living will.

Click on the Compassion and Support logo to the left for further resources and information.