



My Care Decisions

Revolutionary Electronic Advance Directive Program Provides Individual Living Wills on Mini Compact Disks for Portability and Peace of Mind

It happens everyday. We find ourselves in a situation where we are forced to make critical decisions on behalf of a loved one without being completely sure of that person's wishes. Now there is a revolutionary solution to this common dilemma. "My CD," which stands for "My Care Decisions," is an electronic version of an advance directive, more commonly known as a living will. The personal data, including individual

healthcare instructions, religious preferences, and decisions about life support, is contained on a pocket-sized compact disk that fits easily into a wallet or purse. This allows individuals to easily carry it along wherever they go, in case of an emergency. The not-for-profit program, which is available to people of all ages, is designed to provide peace of mind, not only to the individual, but also to his or her family, close friends, and caregivers.

"My CD' allows people to assert their independence and express their desires even if they are unable to speak for themselves," said Dr. Ross Edmundson, M.D., Medical Director of Hospital Medical Management for Florida Hospital. "We feel that it is important to provide the community with this revolutionary new tool, and to encourage people to begin a dialogue with their loved ones regarding these vital personal decisions about their healthcare."

The "My CD" disk comes encased in a personalized program packet that explains the importance of discussing end of life wishes with family, friends, doctors, faith leaders, and healthcare surrogates.

In order to receive the disk, participants simply request information, either in person, by phone, mail, or online at www.mycaredecisions.com. They are then provided with an advance directive form to fill out, and upon completion, the information is scanned onto a mini compact disk and placed into a personalized program packet for each individual to keep in their wallets or handbags.,

"One of the primary advantages of the 'My CD' program is that this disk is able to be used at any hospital in any city throughout the world," added Edmundson. "As long as the hospital has a computer that can read Adobe Acrobat files, the advance directive is easily accessible anywhere." *M*

More information can be requested by calling toll free 1-888-616-8773. Forms and instructions can also be downloaded online at www.mycaredecisions.com. A minimal \$5 charge covers materials, postage, and administration of the program.