

The **AHD** is the document in which a legally competent adult freely and voluntarily expresses their *values and decisions regarding their health* and specifies *the clinical care they wish to receive* in case they are unable to express them.

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What is the *Advance Healthcare Directive* (AHD)?



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Hospital de
la Santa Creu i
Sant Pau

What is the AHD?

The AHD is a document in which a **legally competent adult freely states their medical treatment preferences** in case they suffer from an illness that prevents them from expressing their wishes.

When does it apply?

It only applies when a person is **unable to express their will autonomously**. As long as they retain decision-making capacity, their opinion will always prevail.

What is it for?

It ensures that healthcare professionals **know and respect the person's wishes** when determining treatments.



What steps need to be followed?

1. **Seek advice** from a healthcare professional or the User Care Service (SAU) at the hospital.
2. **Draft the AHD**, either using the SAU document or another format.
3. **Appoint one or two trusted individuals** as representatives.
4. **Validate the AHD** through one of the following three methods:
 - Healthcare professional
 - Three witnesses
 - Notary

Where is it stored?

It is registered in the **Advance Healthcare Directives Registry** of the Department of Health and included in the **Shared Medical Record**.

If registered at Sant Pau, it will also be included in the hospital's medical records. It is recommended to carry a copy when visiting healthcare centers.

What if I change my mind?

An AHD can be **modified or revoked** at any time using any of the three validation methods.



Required documents

- **Signed AHD** by the applicant, their representative(s), and a healthcare professional or three witnesses (who must be adults, with at least two not being relatives up to the second degree or having financial interests related to the applicant).
- **Original** or certified copy of the applicant's ID and those of the three witnesses, if applicable.

Where to get information?

User Care Service

Floor 0 | Hospital de la Santa Creu i Sant Pau
Phone: 93 553 70 99
Email: atenciousuari@santpau.cat

Department of Health

canalsalut.gencat.cat
Phone: 93 227 29 00

¡Association for the Right to Die with Dignity

www.dmd.cat

Any healthcare center in Catalonia