



## **Ten Tips On Choosing an Effective Surrogate or M-POA**

1) **The advance directive concerns you and your wishes, not the surrogate.** Choose a person who is comfortable making decisions on your behalf, even if your wishes differ from their own.

2) **It takes a lot of emotional strength to make choices at the end of life,** especially when they involve a loved one. Keep in mind that some people might feel guilty or second-guess their role as a surrogate. They will have to put those feelings aside to do what's best for you.

3) **Choose a strong communicator** who can gently but effectively get the point across to medical staff and your family. Your ideal surrogate should have an open mind and be a good listener.

4) **Choose someone who will stand up for you and your wishes.** This person won't be intimidated or bullied into acting. They won't cave under pressure but will challenge treatment options they feel are contrary to yours.

5) **Choose a person who isn't afraid to speak to authority figures.** A surrogate isn't expected to know everything. Experts are available to explain the options and give your surrogate guidance. Ideally, your surrogate will research your condition and keep asking questions until he/she understands treatment requests from staff and how they affect your wishes.

6) **The surrogate should feel comfortable seeking help** if he/she feels ignored, over-ruled, or outnumbered. Support can come from a hospital ethics committee or legal/compliance department.

7) Your surrogate needs to be organized and able to help medical staff prioritize **your needs** according to **your wishes**.

8) **You want a person who will remain calm under pressure** or in a quickly changing or emergent situation.

9) **Your surrogate needs to be ready, willing, and able to act** when you become incapacitated.

10) **After choosing the perfect surrogate, choose an alternate** to ensure coverage in case your primary is unavailable.

