

Instructions for completing your Living Will

Step 1. Download the Living will that is right for you. There are two Living will Forms available on LawHelpNY:

- There is one living will form for anyone who has not completed a health care proxy and does not have a health care agent.
- There is another living will form for anyone who has completed a health care proxy that has been written in a way that makes it clear that the Living Will serves as a guide to their health care agent.

Step 2. Fill in your name in the first paragraph.

Step 3. This section allows you to reject specific medical treatments if you are: a) in a terminal condition; b) permanently unconscious; or c) a minimally conscious condition in which you are permanently unable to make decisions or express your wishes.

The Living Will has spaces where you can **refuse** the following treatments:

- cardiac resuscitation
- mechanical respiration
- artificial nutrition and/or hydration
- antibiotics
- painful or invasive treatment to prolong your life

There is also a space where you can **request** maximum pain relief.

Put an “X” in the space (____) next to the treatments or interventions you know you **do not** want to receive.

Put an “X” in the space next to “I do want maximum pain relief” if you know you **do** want maximum pain relief.

Step 4. If there are any other preferences or wishes you want to make clear and any other treatments you want to be specific about, you can write them in on the lines following “Other directions”.

Step 5. Get your witnesses. Do not sign the form until you are with your witnesses. The witnesses must see you sign the document.

The witnesses must be at least 18 years old and competent.

You do not need a notary.

If you need to complete the form virtually, you can get [more information about virtual witnessing on LawHelpNY](#).

Step 6. Sign and date the form while your witnesses are watching.

Step 7. Your witnesses should then date, sign, and print their names and addresses on page 2.

Step 8. Give copies of your living will to all of your health care providers.

If you have a Health Care Proxy, give a copy of your living will to the health care agent(s) you named in your health care proxy, including your alternate agent(s).