

Mayo Clinic Minute: Living wills and the holidays

Video	Audio
Maisha Robinson, M.D. Neurology Mayo Clinic	"It's one of the best gifts you can give a loved one."
DeeDee Stiepan	Dr. Maisha Robinson is talking about a living will.
Maisha Robinson, M.D.	"So they can honor your wishes and preferences rather than trying to make them for you."
DeeDee Stiepan	Dr. Robinson says the holidays - when families and friends are gathered together - are the perfect time to talk about what you'd like to have happen if you get sick and can't make medical decision for yourself. She also says ...
Maisha Robinson, M.D.	"... selecting a health care surrogate is very important. You want to select somebody, No. 1, that knows enough about your medical situation to be able to make decisions in the context of those conditions. No. 2, you need to select somebody who is actually going to be able to carry out your wishes."
DeeDee Stiepan	And No. 3, choose someone who can be reached quickly. Talking about it when you're healthy is vital.
Maisha Robinson, M.D.	"Talk with your family members. Talk with your friends. Talk with the people that you listed to help you make medical decisions, and then also talk with your physician so that everybody will be on the same page whenever that time comes.
DeeDee Stiepan	For the Mayo Clinic News Network, I'm DeeDee Stiepan.