



# Maine Power of Attorney & Healthcare Decision Worksheet

## Who This Worksheet Is For

This worksheet is designed to help you think through who would make financial and healthcare decisions if you were unable to do so.

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## Section 1: Financial Decision Maker (Power of Attorney)

Primary person you would trust:

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Alternate (backup):

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Does this person live nearby?

Yes     No     Not sure

Do they understand your financial situation?

Yes     No     Not sure

Would they be comfortable making decisions under pressure?

Yes     No     Not sure

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## Section 2: Healthcare Decision Maker

Primary healthcare decision maker:

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Alternate (backup):

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**Have you discussed your wishes with them?**

- Yes     No     Not sure

**Do they understand your values and preferences?**

- Yes     No     Not sure
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## **Section 3: Care Preferences (General Guidance)**

**If you were seriously ill, what matters most to you?**

- Comfort  
 Longevity  
 Quality of life

**Who should doctors communicate with first?**

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## **Section 4: Current Status Check**

**Do you currently have the following documents?**

- Durable Power of Attorney  
 Healthcare Directive  
 Not sure

**If yes, when were they last updated?**

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## **Section 5: Risk Awareness**

**If something happened today:**

- Someone could access my financial accounts  
 Someone could pay my bills  
 Someone could make medical decisions for me  
 I am not sure
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