

# PADS

## PSYCHIATRIC ADVANCE DIRECTIVES

Ensure your treatment  
preferences are heard.

### What are Psychiatric Advance Directives (PADs)?

Psychiatric advance directives (PADs) are a relatively new legal development that ensures that your voice is heard during a crisis situation or an acute mental health episode.

PADs are a combination of written documents and a designated decisionmaker. These two elements of PADs work together on your behalf to ensure that your specific treatment requests are met during times that you are unable to advocate for yourself.

Our CAPS providers encourage patients with a history of extensive mental health issues and/or multiple hospitalizations to ensure that their treatment wishes are honored through Advance Care Planning.

### PADs information for the State of Illinois:

PADs in Illinois are known as “Declaration for Mental Health Treatment”

Illinois’s Mental Health Treatment Preferences Declaration Act allows you to designate a patient advocate that will make mental health decisions for you if you are unable to do so.

PADs documents must be signed by you, your advocate, and two witnesses in order for it to be legally recognized. Your spouse, parent, child, sibling, or health care provider cannot act as a witness.

For an Illinois Declaration for Mental Health Treatment Form please visit the following website: <http://www.dph.illinois.gov/sites/default/files/forms/declaration-mental-health-treatment-040416.pdf>

### Additional PADs Resources

For more information about creating and implementing a Psychiatric Advance Directive to ensure that your treatment choices are heard, please refer to the following websites: National Resource Center on Psychiatric Advance Directives website: [www.nrc-pad.org/](http://www.nrc-pad.org/)

For State by State information regarding PADs or State specific PAD forms, please refer to: [www.nrc-pad.org/state-by-state](http://www.nrc-pad.org/state-by-state)

# 1 Complete a Psychiatric Advance Directive form, sign, and date it.

PADs are legally recognized documents that state your treatment choices and identify the person you trust and have selected to carry out your treatment choices when you are unable to.

You are able to make changes to this document if your choices change, and it can be created in the privacy of your own home. You are not required to seek legal counsel for this document to be legally recognized.

# 2 Identify a Patient Advocate to speak and act on your behalf when you are unable to.

Make sure that the person you choose to be your patient advocate is willing to carry out your treatment choices, understands your values and preferences, and is willing to make difficult decisions if necessary.

Your advocate (called an “attorney-in-fact” though they NEED NOT be an attorney) must sign and date your PAD and be given a copy of your PAD that identifies him or her as your advocate, in order to act on your behalf.

## Advance Care Planning can be completed in four easy steps

# 3 Discuss your choices with family and/or friends, your patient advocate, and mental health care provider.

This gives you the opportunity to have your treatment choices heard by these individuals and informs them who you have selected as your patient advocate.

# 4 Ensure that your PAD is available.

Give copies to your advocate, family and/or friends, and your physician. Keep your original copy in a safe place. You may also consult with CAPS to discuss if there is anyone on campus you would want to have a copy.

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