

Advance Directives

Student's Name

Institutional Affiliation

Advance Directives

There are many reasons why adults avoid outlining their advance directives. Advance directives are like 'death wills,' outlining a person's psychological borders. Individuals may choose to bar medical institutions from performing specific operations on them. However, there may come a time when the only way of saving that individual's life is by performing the procedure.

In such a case, the one who is obliged to make decisions on behalf of the ailing must determine whether or not to proceed with the procedure. Some patients fail to sign advance directives since they fear that they will never acquire the treatment they claim not to need at that time. Wishes may change over time, a factor that is not considered by advance directives. Psychologically, this factor is the most significant one because such documents become associated with limitations in people's minds. Adults have therefore desisted from signing advance directives since they would not wish to limit their future options.

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The primary obstacle to creating advance directives is the resistance from families. Individuals want to control their future decisions and would not wish to surrender them to anyone. This reaction is completely understandable from an average adult person with complete and successful separation from parents. Additionally, signing advance directives is viewed as closing some doors that may prove useful in the future. Resistance remains the main obstacle to creating advance directives. Regardless of the downsides of signing advance directives, I would still do it. I would also talk with my family about the importance of advance directives after reviewing the information.

Consequently, signing advance directives becomes useful when the one ailing cannot make decisions. Thus, there is a need for a close relative or friend to make the decisions on their behalf. Still, the mechanism of advance directives is flawed in terms of psychology and requires extra communication. I would sign advance directives and encourage my family to do the same to prevent future dilemmas regarding the most appropriate treatment options.

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