



9 REASONS TO HAVE A PAD

PAD = Psychiatric Advance Directive

1 For me, choice is important. Having a PAD in place ensures the quality of care I receive and improves the access to care. With these things considered, being able to strengthen my choice by preparing in advance is the best thing I can do for myself and my supporters/agent(s).

-Kevin Puskaric

2 For me, it is important to have a PAD because others have been left wondering what to do before when I was in crisis. My hope is that continuing to update my PAD with each new situation or difficulty, once I am well, will allow me to be in more control of my own wellness and offer guidance to those who support me when guidance is so sorely needed.

-Becky Shultz

3 For me, it's time for me to learn more about PADs. The importance of this is to be able to support myself and my supporters in developing and registering my own PAD, model this for peer support students, working peers and the individuals they support.

-Eve Ellsworth

4 A PAD is important because there are so many questions for my family and Dr's as to how to handle someone like me, in recovery from addiction and well as mental health concerns. If and when an event occurs, I will be more comfortable knowing that my family and medical providers will know exactly what I want and need to establish wellness. I do not want the uncertainties of my mental health and care to cause damage to those I love. Life is so very precious and fragile, never knowing what is around the next corner, I would rather be prepared than not.

-Leslie Earnest

5 For me, I want to have a PAD so that if I am unable to articulate or advocate for my wishes, they are clearly written out so that I get the care I want, rather than others making choices on what they believe is best for me.

-Amey Dettmer

6 For me the importance of a MHAD comes from having the ability to specifically identify who I would like to act as my voice if I am ever in a situation of not being able to advocate for myself. Knowing that I can specify this trusted person to act on my behalf helps to set my mind at ease.

-Dave Measel

7 For me, it is important to have a PAD because, it is a gathering of my wisdom put to its' best use, to share with my chosen supporters the decisions that I have made regarding treatment, providers, visitors. I have been actively telling others about its' importance. I will be proud when it is completed!

-Teri Joscak

8 A PAD is important to me for several reasons. I personally feel a PAD will provide valuable information to my doctors and family about what I truly need in the moment of crisis where I might not be able to voice my own opinion. A PAD also gives me control over how my care is handled by others. In addition, I have seen so many of my clients in crisis with no plan in place which leaves them vulnerable and stuck in a place where it is a more traumatic situation for them. I want to be able to provide essential information about a PAD to help them when they are in crisis as well. A PAD can do this for them.

-Danielle Frazier

9 For me, it is important to have a PAD because I want to support my supporters to know how to respect and honor my choices and make it easier on them during my crisis.

-Matthew Federici