

## Instructions for making a video recording:

1. Ask a trusted family member or friend to assist you with the recording. Their task will be to hold the phone and press "record" when you are ready to start, and then press "stop" when you are done.
2. A tripod to hold your smartphone would ensure that the phone is held steady during the recording but is not essential.
3. Complete the written form of the Dartmouth Dementia Directive.
4. Review the choices for care you have made on pages 4 -6.
5. When you are comfortable, and your helper has determined that you are visible and can be heard on camera, ask your helper to press "Record"
6. Read, or paraphrase the following:

"My name is \_\_\_\_\_,

and today is \_\_\_\_\_(day/month/year).

I understand that this video may be used in consultation with my healthcare providers concerning the healthcare I receive should dementia compromise my ability to express my wishes at some point in the future. I am making this statement of my own volition while of sound mind.

I am making this video recording for

*[name those people you would like to view the video: e.g., spouse, children, grandchildren, durable power of attorney, primary physician, etc.]...*

... because *[briefly state why you are making the video]*.

Here are my wishes for the care I would like to receive if I should develop dementia and become incapable of making decisions:

7. *[Now read items checked on pages 4, 5 and 6 of the directive]*

8. *[After reading the checked items on pages 4, 5 and 6 of the directive, read the following:]*

"I want my Durable Power of Attorney for Healthcare to follow the above directive to the best of his/her ability. I realize it may not be possible to honor each of these preferences in every circumstance. This directive is given to provide guidance and is

not given to limit the authority of my Durable Power of Attorney for Healthcare. I want my Durable Power of Attorney for Healthcare to have the power to make any decision he or she chooses, just as if I were making the decision myself. Thank you very much."

9. Tell your helper to STOP recording at this point.

10. You can transfer your video recording to your computer by using "AirDrop" if you are using an Iphone; other smartphones may have a similar capacity. Check with your phone company to learn how to do this, if necessary.

11. Make copies of your video recording and give these to your family members, your Durable Power of Attorney for Healthcare, and your physician. Keep the original video recording in a safe place on your computer and/or on a detachable drive (memory stick).

12. Complete the form "Record of DDD and Video Recording". You may download this form from the website (<https://sites.dartmouth.edu/dementiadirective/>).

**Note:** If you change your wishes in the written Dartmouth Dementia Directive, you should make a new video recording reflecting your updated wishes.