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[Health & Financial Decisions: Legal Tools for Preserving Your Autonomy \[1\]](#)

You have the right to make choices based upon your own values, beliefs, and wishes, even if others disagree with you. Courts have almost always followed the expressed wishes of competent adults, especially for health care. Therefore, it is important to state your desires in writing about health and financial decisions when you are capable of clearly expressing your wishes.

 [Health_Financial_2004.pdf](#) [2]

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