

**PREPARE FOR YOUR CARE: A website with an online Advanced Medical Directive form to complete.**

This is a very good online site which will yield some basic instructions for your care as a printable advanced care directive.

It includes short videos with a variety of opinions about choices to be made followed by an opportunity to make your own choices, allowing you to choose from a continuum of options. It also provides space for you to add a personal narrative.

It requires less than hour to complete and can be done in sections if you register and provide a password. In that case your work is confidential saved until you return to complete it.

Its focus is on big questions (mechanical breathing, CPR and kidney Dialysis) more than the many others questions that might be provoked by an illness (such as dementia or pain remediation). In this sense it is a little limited. But it affords great clarity for your decisions maker (your Medical Proxy) on issues regarding what decisions you would want made or want assistance making.

Click on the link below to access and review it.

<https://prepareforyourcare.org/welcome>

**NOTE** In the online form, it states on the last page that this is NOT A LEGAL ADVANCED MEDICAL DIRECTIVE. Instead select a form which you can obtain by clicking on the last box labelled “**Advanced Directive**” and select your state so the form you see will conform with your state’s laws..

After you download the form you can either complete it on your computer and print a finished copy or print it as a blank form and

complete it on your own with a blue or black pen. The last pages carry the legally required signatures for you and your two witnesses. **NOTE: The form carries no weight without the legally required signatures. Be sure it is complete and signed.**

Here is the link for Massachusetts which I think will work.

<file:///C:/Users/peter/Downloads/MA-PREPARE-Advance-Directive-English.pdf>

If the link above doesn't work, try this link:

<https://prepareforyourcare.org/entry>