Consider what matters to you.

What experiences or influences in your life have shaped your feelings about healthcare interventions and treatments? What is a GOOD day? To you. Right now.

How to plan

Choose an agent.

Choose someone to be your healthcare agent who you can trust, is willing to take on this role and follow your wishes, and can make difficult decisions in difficult situations.

Complete your forms.

There are different types of advance directives and all are important. Be sure to fill out an advance directive for power of attorney for healthcare.

CONTINUE TO DISCUSS AND UPDATE

It is important to know that you can always fill out a new advance directive. Good times to update and have another discussion with your loved ones are: decade, death of a loved one, diagnosis, decline in health, and divorce.

HAVE A CONVERSATION

Communicate your wishes with those closest to you. Talk with your loved ones about your end-of-life preferences. They aren’t mind readers, they cannot help you if you don’t tell them what you want. Talking about your wishes now makes it easier on them later.

Use the QR code to sign up for an advance care planning class today.