

**Advance Care Planning:
Instructions and
Assistance in Completing
Advance Health Care
Directives**

March 2019



- It is never too early to have meaningful conversations regarding the healthcare choices you would make if you could not speak for yourself in a health crisis.

- **You might be healthy now, but what if you became very sick or injured in the future and important decisions had to be made – decisions that would affect you?**
 - Who would you want to speak for you?
 - How would doctors, nurses, and your loved ones know what kind of healthcare you would like to receive, unless you'd made those decisions in advance?

- **Advance Care Planning is a helpful way for people of all ages to prepare for the future.**
- **Both healthy people and people with health conditions do Advance Care Planning.**

- **Advance Care Planning is:**
 - Making decisions **now** about the types of healthcare you would and would not want to receive if you become very sick or injured and couldn't speak for yourself in the future.
 - Choosing a person you want to **speak for you** if you're unable to do so for yourself.
 - Talking with your doctors and loved ones about the types of **healthcare you want to receive** so they'll respect and honor your values and healthcare goals.
 - Writing down your healthcare goals in **MyCare**, an advance directive.

- **An Advance Health Care Directive is:**
 - A **form** you complete now, to help your family in a difficult time.
 - It tells your healthcare providers what you would want, and what you would not want, so they can honor your **values** and **healthcare goals**.
 - The **first step** is to talk with your family about these issues, decide who you would want to speak for you, and what your goals are for your healthcare.

- **Fill out an Advance Health Care Directive form and have your signature witnessed.**
 - Then submit it to your doctor and your hospital so it can be added to your medical record.
 - Be sure to give a copy to your family members so it can be easily accessed if the need should arise.
 - You can revise this document any time you wish.
 - You may never need it, but if something should happen, your family will be grateful that you made decisions for yourself, in advance.



- **Having an Advance Health Care Directive is a lasting gift to give to your family and friends.**
- **Attend a WE CARE MyCare Advance Care Planning Workshop!**